**RIGHT ON 9**

**TERM 1 REVIEW**

**UNIT 1| LIFE - PAST AND PRESENT**

**I/ Vocabulary**

|  |  |  |
| --- | --- | --- |
| blog | /blɒɡ/ | (n) (v): nhật kí trực tuyến, viết nhật ký trực tuyến |
| communicate | /kəˈmjuːnɪkeɪt/ | (v): truyền đạt, liên lạc |
| 🡪 communication | /kəˌmjuːnɪˈkeɪʃᵊn/ | (n): sự truyền đạt, sự liên lạc |
| diary | /ˈdaɪəri/ | (n): nhật kí |
| email | /ˈiːmeɪl/ | (n): thư điện tử |
| face-to-face | /feɪs tuː feɪs/ | (adv): (gặp gỡ, nói chuyện) trực tiếp |
| letter | /ˈlɛtə/ | (n): thư, thư tín |
| smartphone | /ˈsmɑːtfəʊn/ | (n): điện thoại thông minh |
| social media | /ˈsəʊʃᵊl ˈmiːdiə/ | (n): truyền thông mạng xã hội |
| telephone | /ˈtɛlɪfəʊn/ | (n): điện thoại |
| text message | /tɛkst ˈmɛsɪʤ/ | (n): tin nhắn văn bản |
| vlog | /vlɒɡ/ | (n): nhật kí video |

**Lesson 1a**

|  |  |  |
| --- | --- | --- |
| carrier pigeon | /ˈkæriə ˈpɪʤən/ | (n): bồ câu đưa thư |
| deliver | /dɪˈlɪvə/ | (v): giao, truyền (thông điệp) |
| 🡪 delivery | /dɪˈlɪvᵊri/ | (n): (dịch vụ) giao hàng |
| generation | /ˌʤɛnəˈreɪʃᵊn/ | (n): thế hệ, đời |
| 🡪 generation gap | /ˌʤɛnəˈreɪʃᵊn ɡæp/ | (n): khoảng cách thế hệ |
| telegraph machine | /ˈtɛlɪɡrɑːf məˈʃiːn/ | (n): máy điện báo |

**Lesson 1c**

|  |  |  |
| --- | --- | --- |
| buy food from street vendors | /baɪ fuːd frɒm striːt ˈvɛndɔːz/ | (phr): mua thức ăn từ người bán hàng rong |
| drive cars | /draɪv kɑːz/ | (phr): lái xe ô tô |
| eat at restaurants | /iːt æt ˈrɛstᵊrɒnts/ | (phr): ăn ở nhà hàng |
| listen to the radio | /ˈlɪsᵊn tuː ðə ˈreɪdiəʊ/ | (phr): nghe ra-đi-ô (máy thu thanh) |
| play computer games | /pleɪ kəmˈpjuːtə ɡeɪmz/ | (phr): chơi trò chơi trên máy vi tính |
| play folk games | /pleɪ fəʊk ɡeɪmz/ | (phr): chơi trò chơi dân gian |
| ride horses | /raɪd ˈhɔːsɪz/ | (phr): cưỡi ngựa |
| shop at markets | /ʃɒp æt ˈmɑːkɪts/ | (phr): mua sắm ở chợ |
| shop online | /ʃɒp ˈɒnˌlaɪn/ | (phr): mua sắm trực tuyến |
| watch videos online | /wɒʧ ˈvɪdiəʊz ˈɒnˌlaɪn/ | (phr): xem video trực tuyến |
| wear casual clothes | /weə ˈkæʒjuəl kləʊðz/ | (phr): mặc trang phục thường ngày, thông dụng |
| wear traditional clothes | /weə trəˈdɪʃᵊnᵊl kləʊðz/ | (phr): mặc trang phục truyền thống |

**Lesson 1f**

|  |  |  |
| --- | --- | --- |
| do the housework | /[duː](https://tophonetics.com/) ðə ˈhaʊswɜːk/ | (phr): làm việc nhà |
| extended family | /ɪkˈstɛndɪd ˈfæmᵊli/ | (n): gia đình lớn, gia đình mở rộng (nhiều thế hệ) |
| hand-drawn cart | /hænd drɔːn kɑːt/ | (phr): xe kéo bằng tay |
| household | /ˈhaʊshəʊld/ | (n): hộ (gia đình) |
| make a living | /meɪk ə ˈlɪvɪŋ/ | (phr): kiếm sống |
| nuclear family | /ˈnjuːklɪə ˈfæmᵊli/ | (n): gia đình nhỏ, gia đình hạt nhân (cha mẹ và con cái) |
| raise children | /reɪz ˈʧɪldrən/ | (phr): nuôi dạy con cái |
| support the family | /səˈpɔːt ðə ˈfæmᵊli/ | (phr): chu cấp cho gia đình |

**II/ Grammar**

**Present Simple (thì Hiện tại Đơn)**

**Công thức**

**Chủ ngữ + động từ** (***-s/-es*** ở ngôi thứ ba số ít)

|  |  |
| --- | --- |
| **DẠNG KHẲNG ĐỊNH** | **DẠNG PHỦ ĐỊNH** |
| I/You **exercise** every day. He/She/It **exercises** every day.We/You/They **exercise** every day. | I/You **do not**/**don’t exercise** every day. He/She/It **does not**/**doesn’t exercise** every day.We/You/They **do not**/ **don’t exercise** every day. |
| **DẠNG CÂU HỎI** | **DẠNG CÂU TRẢ LỜI NGẮN** |
| **Do** I/you **exercise** every day?**Does** he/she/it **exercise** every day? **Do** we/you/they **exercise** every day? | **Yes**, you/I **do**. **No**, you/I **don’t**.**Yes**, he/she/it **does**. **No**, he/she/it **doesn’t**. **Yes**, you/we/they **do**. **No**, you/we/they **don’t**. |
| **Câu hỏi Wh-** |
| **How often do** you **exercise**? **Who** often **exercises** with you? |

**Cách viết**

**Động từ tận cùng bằng *-s/-es*** (ngôi thứ ba số ít)

• Đối với động từ tận cùng bằng ***-ss***, ***-sh***, ***-ch***, ***-x*** và **-o**, thêm ***-es***.

I miss – he miss**es**, I wish – he wish**es**, I teach – he teach**es**, I fix – he fix**es**, I do – he do**es**

• Đối với động từ tận cùng bằng **phụ âm** + ***-y***, bỏ ***-y*** and thêm ***-ies***.

I worry – she worr**ies**

• Đối với động từ tận cùng bằng **nguyên âm** + ***-y***, thêm ***-s***.

I stay – she stay**s**

• Đối với động từ khác, thêm ***-s***.

I walk – she walk**s**

**Phát âm**

**Động từ tận cùng bằng *-s/-es*** (ngôi thứ ba số ít)

• /ɪz/ sau các âm /s/, /ʃ/, /ʧ/, /ʤ/ và /z/

miss**es /**mɪsɪz**/**, brush**es /**brʌʃɪz**/,** touch**es /**tʌʧɪz**/,** chang**es /** ʧeɪnʤɪz**/,** ris**es /**raɪzɪz**/**

• /s/ sau các âm /p/, /k/, /t/, /f/ and /θ/

jump**s** /ʤʌmps/, walk**s** /wɔːks/, hit**s** /hɪts/, cough**s** /kɒfs/, month**s** / mʌnθs/

• **/z/** sau các âm khác

go**es** /ɡəʊz/, say**s** /sɛz/, call**s** /kɔːlz/, live**s** /lɪvz/, …

**Cách sử dụng:** Chúng ta sử dụng thì **Hiện tại đơn** để nói về:

• trạng thái chung, sở thích và sự thật.

They **like** going on social media.

• trạng thái và tình huống thường trực.

My mum **works** in a hospital.

• thói quen và công việc thường ngày.

Tim and Lola **surf** the Internet every day.

• chương trình và thời gian biểu.

The post office **closes** at 5:00 p.m.

**Các diễn đạt thời gian:** *every hour/day/week, in the morning/afternoon/evening, at night/ noon/the weekend/6 o’clock, on Tuesdays,* etc.

**Present Continuous (thì Hiện tại tiếp diễn)**

**Công thức**

**chủ ngữ + *to be (am/is/are)* + động từ*-ing***

|  |  |
| --- | --- |
| **DẠNG KHẲNG ĐỊNH** | **DẠNG PHỦ ĐỊNH** |
| I **am/’m studying** now.You **are/’re studying** now.He/She/It **is/’s studying** now.We/You/They **are/’re studying** now. | I **am not/’m not studying** now. You **are not/aren’t studying** now. He/She/It **is not/isn’t studying** now. We/You/They **are not/ aren’t studying** now. |
| **DẠNG CÂU HỎI** | **DẠNG CÂU TRẢ LỜI NGẮN** |
| **Am** I **studying** now? **Are** you **studying** now?**Is** he/she/it **studying** now? **Are** we/you/they **studying** now?  | **Yes**, you **are**. **No**, you **aren’t**. **Yes**, I **am**.**No**, I**’m not**. **Yes**, he/she/it **is**.**No**, he/she/it **isn’t**. **Yes**, you/we/they **are**. **No**, you/we/they **aren’t**. |
| **Câu hỏi Wh-** |
| **What is** he **studying** now?**Who is studying** in the library now? |

**Cách viết**

**Động từ tận cùng bằng *-ing***

• Đối với hầu hết động từ, thêm ***-ing***.

look ➝ look**ing**

• Đối với động từ tận cùng bằng **phụ âm** + ***-e***, bỏ ***-e*** và thêm ***-ing***.

make ➝ mak**ing**

• Đối với động từ tận cùng bằng **phụ âm + nguyên âm + *-l***, nhân đôi đuôi ***-l*** và thêm ***-ing***.

cancel ➝ cancel**ling**

**Lưu ý:** người Mỹ không nhân đôi ***-l*** khi thêm -***ing***

• Đối với động từ tận cùng bằng ***-ie***, bỏ ***-ie*** và thêm ***-ying***.

lie ➝ l**ying**

• Đối với động từ tận cùng bằng **nguyên âm nhấn trọng âm** giữa **hai phụ âm**, nhân đôi **phụ âm cuối** (trừ ***w***, ***x***) và thêm ***-ing***.

get ➝ ge**tt**ing, begin /bɪ**ˈɡɪn**/ ➝ begi**nn**ing **(**nhưng happen /**ˈhæp**ən/ ➝ happe**ning**)

**BUT** fix ➝ fix**ing**, allow ➝ allow**ing**

**Cách sử dụng:** Chúng ta sử dụng thì **Hiện tại tiếp diễn** cho:

• hành động đang xảy ra lúc này hoặc xung quanh thời điểm nói.

I **am writing** a letter to my aunt now.

• tình huống tạm thời.

Nhi **is making** vlogs these days.

• kế hoạch tương lai chắc chắn.

They **are going** on a picnic tomorrow morning. (đã lên kế hoạch)

I**’m playing** badminton with my friends on Sunday this week. (đã hẹn)

**Các cụm từ chỉ thời gian:** *now, right now, at the moment, at present, these days, tonight, tomorrow, next week, this Sunday,* etc.

**Chú ý:** Một số động từ không có dạng tiếp diễn. Chúng mô tả một trạng thái hơn là một hành động. Những động từ này bao gồm: *be, want, love, like, prefer, believe, imagine, know, promise, hope, have, need, agree,* v.v.

I **love** eating at restaurants.

(KHÔNG NÓI: I **~~am loving~~** eating at restaurants.)

**Past Simple (thì Quá khứ Đơn)**

**Form**

|  |  |
| --- | --- |
| **DẠNG KHẲNG ĐỊNH** | **DẠNG PHỦ ĐỊNH** |
| I/You/He/She/It/We/ You/They **walked/ went** yesterday. | I/You/He/She/It/We/ You/They **didn’t walk/ didn’t go**. |
| **DẠNG CÂU HỎI** | **DẠNG CÂU TRẢ LỜI NGẮN** |
| **Did** I/you/he/she/it/we/ you/they **walk/go** yesterday?  | **Yes**, you/I/he/she/it/ you/we/they **did**.**No**, you/I/he/she/it/ you/we/they **didn’t**. |
| ***Câu hỏi Wh-***  |
| **Where did** you **go** yesterday? **Who walked** with you yesterday? |

**Động từ thường**

**Cách viết động từ tận cùng bằng *-ed:***

• Đối với động từ tận cùng bằng ***-e***, thêm ***-d***.

 like ➝ like**d**

• Đối với động từ tận cùng bằng **phụ âm + *-y***, bỏ***-y*** thêm ***-ied***.

 try ➝ tr**ied**

• Đối với động từ tận cùng bằng **nguyên âm** + ***-y***, thêm ***-ed***.

stay ➝ stay**ed**

• Đối với động từ tận cùng bằng một **phụ âm + nguyên âm + *-l***, nhân đôi ***-l*** và thêm ***-ed***.

travel ➝ travell**ed**

**Lưu ý:** người Mỹ không nhân đôi ***-l*** khi thêm ***-ed***

• Đối với động từ tận cùng bằng **một nguyên âm được nhấn trọng âm nằm giữa 2 phụ âm**, nhân đôi phụ âm cuối (trừ ***w***, ***x***) và thêm ***-ed***.

stop ➝ stop**ped**, prefer /prɪ**ˈfɜ:**/ ➝ prefer**red (**nhưng happen /**ˈhæp**ən/ ➝ happe**ned**)

**TUY NHIÊN**

bow ➝ bow**ed,** relax ➝ relax**ed**

**Cách phát âm động từ tận cùng bằng *-ed:***

• /ɪd/ sau các âm /t/ hoặc/d/

post**ed,** need**ed**

• /t/ sau các âm /f/, /k/, /p/, /s/, /ʃ/, /ʧ/

laugh**ed**, trekk**ed**, hop**ed**, chas**ed**, splash**ed**, fetch**ed**

***•*** /d/ sau các âm khác

explain**ed**, play**ed**, organis**ed**, li**ed**, referr**ed**, allow**ed**, jogg**ed**, listen**ed**, prov**ed**

**Động từ bất quy tắc**

Many verbs, such as ***come***, ***buy*** and ***fall***, are irregular in the **Past Simple** affirmative.

I/You/He/She/It/We/You/They **came/bought/fell**.

Thì **Quá khứ Đơn** được dùng để:

• diễn tả hành động diễn ra **ở 1 thời điểm cụ thể, hoặc trong khoảng thời gian nhất định trong quá khứ**.

I **sent** my cousin an email yesterday.

• diễn tả hành động diễn ra **lần lượt trong quá khứ**.

She **wrote** a blog entry, **edited** it and **posted** it online two days ago.

**Các cụm từ chỉ thời gian:** *yesterday, in the past, in 2020, two hours/days/weeks/years ago, last week/month/year,* etc.

**Past Continuous (thì Quá khứ Tiếp diễn)**

**Công thức: Chủ ngữ + *to be (was/were)*** + động từ chính **+ *-ing***

|  |  |
| --- | --- |
| **DẠNG KHẲNG ĐỊNH** | **DẠNG PHỦ ĐỊNH** |
| I **was eating** at 7 p.m. yesterday.You **were eating** at 7 p.m. yesterday.He/She/It **was eating** at 7 p.m. yesterday.We/You/They **were eating** at 7 p.m. yesterday. | I **was not**/**wasn’t eating** at 7 p.m. yesterday. You **were not**/**weren’t eating** at 7 p.m. yesterday.He/She/It **was not**/ **wasn’t eating** at 7 p.m. yesterday. We/You/They **were not**/ **weren’t eating** at 7 p.m. yesterday. |
| **DẠNG CÂU HỎI** | **DẠNG CÂU TRẢ LỜI NGẮN** |
| **Was** I **eating** at 7 p.m. yesterday?**Were** you **eating** at 7 p.m. yesterday? **Was** he/she/it **eating** at 7 p.m. yesterday? **Were** we/you/they **eating** at 7 p.m. yesterday? | **Yes**, you **were**. **No**, you **weren’t**. **Yes**, I **was**.**No**, I **wasn’t.** **Yes**, he/she/it **was**.**No**, he/she/it **wasn’t**. **Yes**, you/we/they **were.** **No**, you/we/they **weren’t.** |
| **Câu hỏi *Wh-***  |
| **What were** you **doing** at 7 p.m. yesterday? **Who was talking** to you at 7 p.m. yesterday? |

**Cách sử dụng**

Thì **Quá khứ Tiếp diễn** được dùng:

• diễn tả hành động **đang diễn ra** **ở thời điểm nói trong quá khứ**. Chúng ta không nhắc tới thời điểm hành động **bắt đầu** hay **kết thúc**.

She **was talking** on the phone **at** 8:00 yesterday morning.

• nhấn mạnh hành động diễn ra liên tục trong một khoảng thời gian trong quá khứ (thường có các từ như ***all, the whole***).

Teddy **was playing** computer games **all** yesterday afternoon.

• diễn tả hai hay nhiều **hành động diễn ra cùng lúc trong quá khứ**.

Yesterday afternoon, I **was watching** TV **while** my sister **was doing** yoga**.**

• diễn tả hành động **đang diễn ra** (Quá khứ Tiếp diễn) khi có một hành động khác **cắt ngang** nó (Quá khứ Đơn).

Lucy **was listening** to the radio **when** the doorbell **rang**.

**Các cụm từ chỉ thời gian:** *all day/night, at 11 o’clock yesterday morning/evening, at this time yesterday, while, when,* etc.

**Chú ý: *while*** and ***when***

**While/When** she **was having** a bath, her mobile phone **rang**.

I **was surfing** the Internet **while** my brother **was watching** vlogs. (KHÔNG PHẢI: *~~when~~* ...)

**When** he **got** home, he **had** lunch. (KHÔNG PHẢI: *~~While~~* ...)

**When** the phone **rang**, I **was having** dinner.

(KHÔNG PHẢI: *~~While~~* ...)

***wish* + Quá khứ đơn**

Chúng ta sử dụng **wish + Quá khứ Đơn** để diễn tả một điều ước về một sự việc/tình huống không có thật ở hiện tại.

I **wish** I **was/were** good at speaking English.

(Hiện tại tôi không giỏi nói tiếng Anh.)

He **wishes** he **had** a new bike.

(Bây giờ anh ấy đang sử dụng một chiếc xe đạp cũ.)

Rosy **wishes** she **could** ride a horse.

(Rosy không thể cưỡi ngựa.)

**Ghi chú:**

Cả ***was*** và ***were*** đều được chấp nhận nếu chủ ngữ là số ít (I/he/she/it/danh từ số ít).

I wish I **was/were** popular at my school.

She wishes she **was/were** a famous vlogger.

I wish my best friend **was/were** more cheerful.

**UNIT 2| NATURAL WONDERS AND TRAVEL**

**I/ Vocabulary**

|  |  |  |
| --- | --- | --- |
|  Mount Everest | /maʊnt ˈɛvərɪst/ | (phr): đỉnh Everest |
| natural wonder | /ˈnæʧᵊrᵊl ˈwʌndə/ | (phr): kì quan thiên nhiên |
| Parícutin Volcano | /pɑːricutɪn vɒlˈkeɪnəʊ/ | (phr): núi lửa Parícutin |
| the Grand Canyon | /ðə ɡrænd ˈkænjən/ | (phr): hẻm núi lớn Grand Canyon |
| the Great Barrier Reef | /ðə ɡreɪt ˈbæriə riːf/ | (phr): rạn san hô Great Barrier |
| the Harbour of Rio de Janeiro | /ðə ˈhɑːbər ɒv ˈriːəʊ [diː](https://tophonetics.com/) ʤəˈnɪərəʊ/ | (phr): cảng Rio de Janeiro |
| the Northern Lights | /ðə ˈnɔːðᵊn laɪts/ | (phr): Bắc cực quang (hiện tượng cực quang ở Bắc Cực) |
| Victoria Falls | /vɪkˈtɔːriə fɔːlz/ | (phr): thác nước Victoria |

**Lesson 2a**

|  |  |  |
| --- | --- | --- |
| the Arctic Circle | /ði ˈɑːktɪk ˈsɜːkᵊl/ | (n): Vòng Bắc Cực |
| carve | /kɑːv/ | (v): khắc, tạc, đục |
| e.g. *When visiting Angkor Wat, people are amazed at thousands of images carved into the stones.* |
| 🡪 carving | /ˈkɑː.vɪŋ/ | (n): hình chạm khắc, phù điêu |
| charged particle | /ʧɑːʤd ˈpɑːtɪkᵊl/ | (phr): hạt/phần tử tích điện |
| formation | /fɔːˈmeɪʃᵊn/ | (n): sự hình thành  |
| grand | /ɡrænd/ | (adj): to lớn, hùng vĩ, tuyệt đẹp  |
| interact | /ˌɪntərˈækt/ | (v): tương tác |
| 🡪 interactive | /ˌɪntəˈræktɪv/ | (adj): có tính tương tác |
| e.g. *A series of interactive exhibits will teach visitors about the history of the bridge.* |
| magnetic field | /mæɡˈnɛtɪk fiːld/ | (n): từ trường |
| massive | /ˈmæsɪv/ | (adj): to lớn, đồ sộ  |
| outstanding | /aʊtˈstændɪŋ/ | (adj): nổi bật, xuất sắc  |
| *e.g. This is an area of outstanding natural beauty.* |
| process | /ˈprəʊsɛs/ | (n): quá trình |
| stretch | /strɛʧ/ | (v): trải dài ra |

**Lesson 2c**

|  |  |  |
| --- | --- | --- |
|  accommodation | /əˌkɒməˈdeɪʃᵊn/ | (n): chỗ trọ, chỗ ở  |
| destination | /ˌdɛstɪˈneɪʃᵊn/ | (n): điểm đến, nơi đến  |
| guesthouse | /ˈɡɛsthaʊs/ | (n): nhà khách, nhà nghỉ |
| guided tour | /ˈɡaɪdɪd tʊə/ | (phr): chuyến du lịch/ tham quan có hướng dẫn viên |
| hotel facilities | /həʊˈtɛl fəˈsɪlətiz/ | (phr): tiện nghi của khách sạn |
| package holiday | /ˈpækɪʤ ˈhɒlədeɪ/ |  (n): kì nghỉ trọn gói  |
| e.g. *We offer the best-value package holidays in Europe.* |
| tour guide | /tʊə ɡaɪd/ | (n): hướng dẫn viên du lịch |
| travel agent | /ˈtrævᵊl ˈeɪʤᵊnt/ | (n): đại lí du lịch (người/ công ty) |

**Lesson 2f**

|  |  |  |
| --- | --- | --- |
| adventure holiday | /ədˈvɛnʧə ˈhɒlədeɪ/ | (phr): kì nghỉ thám hiểm |
| affordable | /əˈfɔːdəbᵊl/ | (adj): có thể chi trả, phải chăng (giá cả) |
| ≠unaffordable | /ˌʌnəˈfɔːdəbᵊl/ | (adj): không thể mua được, đắt đỏ |
| 🡪afford | /əˈfɔːd/ | (v): có thể mua được, có thể làm được |
| beach holiday | /biːʧ ˈhɒlədeɪ/ | (phr): kì nghỉ ở biển |
| bungalow | /ˈbʌŋɡələʊ/ | (n): nhà gỗ một tầng |
| camping holiday | /ˈkæmpɪŋ ˈhɒlədeɪ/ | (phr): kì nghỉ cắm trại |
| city break | /ˈsɪti breɪk/ | (phr): kì nghỉ ngắn ngày trong thành phố |
| cruise | /kruːz/ | (n): chuyến đi chơi biển (bằng tàu thuỷ)(v): đi du thuyền |
| gorgeous | /ˈɡɔːʤəs/ |  (adj): tráng lệ, lộng lẫy  |
| jungle | /ˈʤʌŋɡᵊl/ | (n): rừng nhiệt đới  |
| meditate | /ˈmɛdɪteɪt/ | (v): thiền |
| 🡪 meditation | /ˌmɛdɪˈteɪʃᵊn/ | (n): việc thiền định |
| *e.g. She found peace through yoga and meditation.* |
| safari | /səˈfɑːri/ | (n): chuyến tham quan ngắm động vật hoang dã |
| scuba diving | /ˈskuːbə ˈdaɪvɪŋ/ | (n): lặn dùng bình dưỡng khí |
| sightseeing holiday | /ˈsaɪtˌsiːɪŋ ˈhɒlədeɪ/ | (phr): kì nghỉ tham quan/ngắm cảnh |
| snorkelling | /ˈsnɔːkᵊlɪŋ/ |  (n): việc lặn dùng ống thở  |
| 🡪 snorkel | /ˈsnɔːkᵊl/ | (v): lặn dùng ống thở |
| tropical | /ˈtrɒpɪkᵊl/ | (adj): nhiệt đới |
| unique | /juːˈniːk/ | (adj): duy nhất, độc nhất |
| 🡪 uniqueness | /juːˈniːknəs/ | (n): sự độc đáo |
| e.g. *The author stresses the uniqueness* ***of*** *the individual.* |
| volunteer holiday | /ˌvɒlənˈtɪə ˈhɒlədeɪ/ | (phr): kì nghỉ thiện nguyện |
| waterfall | /ˈwɔːtəfɔːl/ | (n): thác nước |

**CLIL**

|  |  |  |
| --- | --- | --- |
| charming | /ˈʧɑːmɪŋ/ | (adj): duyên dáng, thu hút  |
| 🡪 charm | /ʧɑːm/ | (n): sự duyên dáng(v): thu hút, quyến rũ |
| *e.g. The hotel is full of charm and character.* |
| construction | /kənˈstrʌkʃᵊn/ | (n): sự xây dựng  |
| 🡪 construct | /kənˈstrʌkt/ | (v): xây dựng |
| 🡪 constructive | /kənˈstrʌktɪv/ | (adj): mang tính xây dựng |
| e.g. *You should always welcome* ***constructive criticism*** *of your work.* |
| habitat destruction | /ˈhæbɪtæt dɪˈstrʌkʃᵊn/ | (phr): sự phá huỷ môi trường sống |
| law | /lɔː/ | (n): luật, điều lệ  |
| 🡪 lawful | /ˈlɔːfᵊl/ | (adj) hợp pháp |
| e.g. *She is his lawful wife, and so is entitled to inherit the money.* |
| 🡪 lawfulness | /ˈlɔːflnəs/ |  |
| *e.g. They questioned the lawfulness* ***of*** *the decision.* |
| ≠ lawless | /ˈlɔːləs/ | (adj) không có luật pháp |
| litter | /ˈlɪtə/ | (v): xả rác |
| e.g. *The floor was littered* ***with*** *papers.* |
| 🡪 littering | /ˈlɪtərɪŋ/ | (n): hành động xả rác |
| raise awareness | /reɪz əˈweənəs/ | (phr): nâng cao nhận thức  |
| soil erosion | /sɔɪl ɪˈrəʊʒᵊn/ | (phr): sự xói mòn đất  |
| tourism | /ˈtʊərɪzᵊm/ | (n): ngành du lịch |
| 🡪 tourist | /ˈtʊərɪst/ | (n): khách du lịch |
| 🡪 touristy | /tʊəˈrɪsti/ | (adj): đông khách du lịch |
| e.g. Las Vegas has both touristy and high-end accommodations. |
| waste | /weɪst/ | (n): rác thải, đồ thải(v): xài một cách phung phí, bỏ phí |
| 🡪 wasteful | /ˈweɪstfᵊl/ | (adj): phung phí |

**II/ Grammar**

**Động từ nguyên thể (*to*-infinitives, infinitives không có *to*)**

Chúng ta sử dụng *to*-infinitive:

• sau ***plan***, ***agree***, ***decide***, ***hope***, ***promise***, ***want***, ***need***, ***accept***, ***refuse***, v.v.

They **decided to go** to Thailand together.

• sau ***would love*** và ***would like***.

James **would love to visit** new places.

• để diễn đạt mục đích.

We waited for the bus **to take** us on a sightseeing tour of the city.

• sau ***it + be + tính từ***.

**It is difficult to finish** a long hike.

Chúng ta sử dụng động từ nguyên thể không có *to* sau:

• động từ khiếm khuyết (***can***, ***must***, ***should***, etc.)

We **can see** the Great Barrier Reef from space.

• ***let*** và ***make***.

The teacher **let** us **go** to the top of the mountain to see the view.

The teacher **made** us **set up** the tents on our camping trip.

• ***had better***.

You **had better book** your holiday early to get a cheaper price.

**Dạng *-ing***

Chúng ta dùng dạng ***-ing***:

• như một chủ ngữ.

**Sightseeing** is a great way to experience a new place.

• sau ***avoid***, ***consider***, ***suggest***, ***deny***, ***mind***, ***spend*** (time), v.v.

He**’s considering going** on a beach holiday this summer.

• sau ***enjoy***, ***like***, ***love***, ***prefer***, ***fancy***, ***hate***, ***dislike*** để diễn đạt sở thích.

She **likes travelling** to tourist attractions.

• sau ***can’t help***, ***can’t stand***, v.v.

I **can’t stand travelling** without making a stop along the way.

• sau ***go*** khi nói về các hoạt động.

She wants to **go shopping** at the local market to buy souvenirs for her friends.

**Từ để hỏi *Wh-* trước *to*-infinitives**

Chúng ta dùng từ để hỏi ***Wh***- (***who***, ***what***, ***where***, ***when*** hoặc ***how***) trước ***to*-infinitive** để diễn tả một câu hỏi không trực tiếp.

She doesn’t know **who to contact** for more information about travel expenses.

Did I tell you **what to bring** along on the trip?

Can you tell me **where to find** a good hotel?

I’m not sure **when to take** my holiday.

Chris wrote a blog post about **how to save** money while travelling.

***too* – *enough (for someone) (to do something)***

• ***too*** + **tính từ** + ***to*-infinitive**

It’s **too dangerous (for non-professional people) to climb** Mount Everest.

• ***enough*** + **danh từ** + ***to*-infinitive**

We don’t have **enough time to visit** all of the famous tourist attractions.

• ***(not)*** + **tính từ** + ***enough*** + ***to*-infinitive**

Jackson was brave **enough to experience** a bungee jump from Victoria Falls.

The hotel is **not clean enough (for us) to stay** at.

**UNIT 3| HEALTHY LIFESTYLE**

**I/ Vocabulary**

|  |  |  |
| --- | --- | --- |
| boost energy | /buːst ˈɛnəʤi/ | (phr): tăng cường năng lượng |
| build relationships | /bɪld rɪˈleɪʃᵊnʃɪps/ | (phr): xây dựng các mối quan hệ |
| get fit | /ɡɛt fɪt/ | (phr): có thân hình cân đối |
| prevent diseases | /prɪˈvɛnt dɪˈziːzɪz/ | (phr): ngăn ngừa bệnh tật |
| reduce stress | /rɪˈdjuːs strɛs/ | (phr): giảm căng thẳng |
| strengthen body | /ˈstrɛŋθᵊn ˈbɒdi/ | (phr): tăng cường thể lực |

**Lesson 3a**

|  |  |  |
| --- | --- | --- |
| beneficial | /ˌbɛnɪˈfɪʃᵊl/ | (adj): có lợi, có ích |
| 🡪 benefit | /ˈbɛnɪfɪt/ | (n): lợi ích(v): mang lại lợi ích |
| e.g. *I've****had the benefit of****a good education.**We should spend the money on something that will benefit everyone.* |
| calorie | /ˈkælᵊri/ | (n): calo (đơn vị đo năng lượng thực phẩm)  |
| cancer | /ˈkænsə/ | (n): bệnh ung thư |
| maintain | /meɪnˈteɪn/ | (v): duy trì |
| mental health | /ˈmɛntᵊl/ /hɛlθ/ | (n): sức khoẻ tinh thần  |
| muscle | /ˈmʌsᵊl/ | (n): cơ |
| 🡪 muscular | /ˈmʌskjələ/ | (adj): cơ bắp, lực lưỡng |
| physical health | /ˈfɪzɪkᵊl hɛlθ/ | (phr): sức khoẻ thể chất  |
| stress hormone | /strɛs ˈhɔːməʊn/ | (phr): hoóc môn gây căng thẳng |
| work out | /wɜːk aʊt/ | (phr v): luyện tập thể dục/thể thao  |
| workout | /ˈwɜːkaʊt/ | (n): buổi/bài luyện tập thể dục/thể thao  |
| worth it | /wɜːθ ɪt/ | (idiom) xứng đáng, đáng bỏ công |
| e.g. *The job involves a lot of hard work but****it's worth it.*** |

**Lesson 3c**

|  |  |  |
| --- | --- | --- |
| be too stressed | /biː tuː strɛst/ | (phr): căng thẳng quá mức |
| eat a balanced diet | /iːt ə ˈbælənst ˈdaɪət/ | (phr): ăn chế độ dinh dưỡng cân bằng |
| eat too much junk food | /iːt tuː mʌʧ ʤʌŋk fuːd/ | (phr): ăn quá nhiều đồ ăn không tốt cho sức khoẻ |
| exercise | /ˈɛksəsaɪz/ | (v): tập thể dục |
| get enough sleep | /ɡɛt ɪˈnʌf sliːp/ | (phr): ngủ đủ giấc |
| have regular check-ups | /hæv ˈrɛɡjələ ˈʧɛkˈʌps/ | (phr): kiểm tra sức khoẻ đều đặn |
| play sports | /pleɪ spɔːts/ | (phr): chơi thể thao  |
| socialise | /ˈsəʊʃᵊlaɪz/ | (v): giao tiếp, xã giao  |
| 🡪 social | /ˈsəʊʃᵊl/ | (adj): thuộc về giao tiếp, xã giao |
| e.g. *Team sports help to develop a child's****social skills.*** |
| 🡪 sociable | /ˈsəʊʃəbᵊl/ | (adj): tính cánh hoạt bát, thích giao thiệp |
| stay up late | /steɪ ʌp leɪt/ | (phr): thức khuya |
| surf the Internet for too long | /sɜːf ði ˈɪntənɛt fɔː tuː lɒŋ/ | (phr): lướt mạng quá lâu |
| take up a hobby | /teɪk ʌp ə ˈhɒbi/ | (phr): bắt đầu một sở thích |

**Lesson 3f**

|  |  |  |
| --- | --- | --- |
| carbohydrate (carb) | /ˈkɑːbəʊˈhaɪdreɪt/ /kɑːb/ | (n): chất bột đường |
| dairy products | /ˈdeəri ˈprɒdʌkts/ | (phr): các sản phẩm làm từ sữa động vật |
| digestive system | /daɪˈʤɛstɪv ˈsɪstəm/ |  (n): hệ tiêu hoá |
| fatty foods and drinks | /ˈfæti fuːdz ænd drɪŋks/ | (phr): những thức ăn và đồ uống giàu chất béo |
| fruit and vegetables | /fruːt ænd ˈvɛʤtəbᵊlz/ | (phr): rau củ quả |
| function | /ˈfʌŋkʃᵊn/ | (n): chức năng  |
| 🡪 functional | /ˈfʌŋkʃᵊnᵊl/ | (adj): hoạt động tốt, hữu dụng |
| *e.g. The hospital will soon be fully functional.* |
| glucose | /ˈɡluːkəʊs/ | (n): đường đơn  |
| joint | /ʤɔɪnt/ | (n): khớp (xương) |
| mineral | /ˈmɪnᵊrᵊl/ | (n): chất khoáng  |
| nutrient | /ˈnjuːtriənt/ | (n): chất dinh dưỡng  |
| 🡪 nutritious | /njuːˈtrɪʃəs/ | (adj): nhiều dinh dưỡng |
| 🡪 nutrition | /njuːˈtrɪʃᵊn/ | (n): dinh dưỡng |
| *e.g. Nutrition information is now provided on the back of most food products.* |
| protein | /ˈprəʊtiːn/ | (n): chất đạm |
| starchy foods | /ˈstɑːʧi fuːdz/ | (phr): những thức ăn giàu tinh bột |
| sugary foods and drinks | /ˈʃʊɡᵊri fuːdz ænd drɪŋks/ | (phr): những thức ăn và đồ uống có đường |
| sweat | /swɛt/ | (n): mồ hôi(v): đổ mồ hôi |
| 🡪 sweaty | /ˈswɛti/ | (adj): mồ hôi nhễ nhại |
| urine | /ˈjʊərɪn/ | (n): nước tiểu |

**II/ Grammar**

**Động từ khiếm khuyết**

• ***can/could/may/might*** (Khả năng = possibility)

My gym membership card **may/might** arrive in the post today. (Việc đó là có thể xảy ra.)

We can **can** improve our mental health by reducing stress. (Đó là một trong những cách chúng ta có thể thực hiện.)

**Lưu ý:** cần phân biệt ‘possibility’ (diễn tả cơ may có thể xảy ra điều gì) và ‘ability’ (diễn tả năng lực có thể thực hiện được điều gì); khi muốn diễn tả khả năng không cao ta thường dùng ‘might’.

• ***should/shouldn’t*** (Lời khuyên)

You **should** spend half an hour exercising every day. (Tôi khuyên bạn nên như vậy.)

You **shouldn’t** eat too much junk food. (Tôi khuyên bạn không nên như vậy.)

• ***must/have to/had to*** (Nghĩa vụ/Sự cần thiết)

I **must** talk to my doctor about my health problem. (Bản thân tôi thấy điều này là cần thiết.)

You **have to/had to** pay for your gym membership every month. (Đó là/đã là một quy luật.)

We **have to/had to** train for two hours at football practice. (Việc đó là/cần thiết.)

**Lưu ý:** thông thường để diễn tả sự cần thiết/nghĩa vụ, chúng ta có thể dùng ‘have to’ thay cho ‘must’ trong câu khẳng định. Tuy nhiên, khi muốn nhấn mạnh sự cần thiết/bắt buộc xuất phát từ người nói/viết thì chúng ta dùng ‘must’.

• ***don’t have to/didn’t have to*** (Không cần thiết)

You **don’t have to** exercise every day to get fit. (Việc đó là không cần thiết.)

He **didn’t have to** join the gym to attend an exercise class there. (Việc đó là không cần thiết.)

• ***mustn’t*** (không được phép)

We **mustn’t** leave the fitness class without cleaning the machines we use. (Việc đó là trái qui định.)

• ***can/be able to; can’t/not be able to*** (Khả năng ở hiện tại = general ability in the present)

She **can**/**is able to** play tennis well. He **can’t**/**isn’t able to** speak Spanish fluently.

• ***could/be able to; couldn’t/not be able to*** (Khả năng ở quá khứ = ability in the past)

She **could/was able to** swim when she was five years old.

She **couldn’t**/**wasn’t able to** win the school swimming competition because her health wasn’t good.

• ***be able to*** (Khả năng cụ thể trong quá khứ trong một tình huống nào đó)

He had an injury, but he **was able to** win that badminton match.

Although our best player didn’t play, we **were able to** win the match.

**Động từ khiếm khuyết ở câu điều kiện loại 1**

**Cách sử dụng**

Chúng ta có thể sử dụng động từ khiếm khuyết (***must***, ***can***, ***could***, ***may***, ***might*** or ***should***) trong mệnh đề chính của câu điều kiện loại 1, **tuỳ theo chủ ý** của người nói/viết

**Công thức**

***If*** + **Hiện tại đơn**, ***must/can/could/may/might/ should*** + **động từ nguyên thể không *to***

If we want a healthy lifestyle, we **must** have a balanced diet.

If you reduce the intake of sugary foods and drinks, you **can** lose weight.

If you practise hard every day, you **could** have a chance to win the game.

If you get hungry at night, you **should** eat apples.

**Cụm động từ**

Một **cụm động từ** bao gồm một động từ với một giới từ hoặc một trạng từ, gọi chung là tiểu từ (particles). Một cụm động từ thường mang nghĩa khác với từng phần riêng biệt của nó.

I **work out** every day to keep fit.

**Các cụm động từ thông thường:** *break down, call off, carry on, carry out, come across, find out, fill out, get over, get up, give away, give up, go on, go through, hand in, keep on, knock out, hang out, look after, look for, look out, look up, make up, pick up, put off, run into, run out, set up, show off, show up, stand out, put on, put out, take off, take up, throw away, try on, turn off, turn on, watch out, work out,* etc.

Có hai loại cụm động từ: 1. có thể tách rời (separable phrasal verbs) và 2. không thể tách rời (inseparable phrasal verbs).

**1. Cụm động từ có thể tách rời (**trong từ điển, tân ngữ được đặt ở giữa, e.g. *pick something up*)

• Khi tân ngữ của một cụm động từ là một **danh từ**, nó đứng trước/sau giới từ.

Dad **picked up Aunt Helen** from the train station.

(Dad **picked Aunt Helen up** from the train station.)

• Tuy nhiên, khi tân ngữ của một cụm động từ là một **đại từ**, nó đứng sau động từ và trước giới từ.

Dad **picked me up** from school. (~~Dad~~ **~~picked up me~~** ~~from school~~.)

**2. Cụm động từ không thể tách rời (**trong từ điển, tân ngữ được đặt ở cuối, e.g. *look after someone*)

Cho dù tân ngữ là danh từ hay đại từ đều đứng sau giới từ.

Who **looks after your brother** when your mom goes on business? (Who **~~looks your brother~~****~~after~~** when your mom goes on business?)

My sister **looks after him** most of the time. (My sister **~~looks him~~****~~after~~** most of the time.)

PRACTICE

**UNIT 1**

1. **PRONUNCIATION (5 QUESTIONS)**

**Choose the word whose underlined part differs from the other three in pronunciation in the following question.**

1. A. blog B. smartphone C. social D. radio
2. A. blogs B. sends C. wears D. shops
3. A. watched B. listened C. played D. enjoyed

**Choose the word that differs from the other three in the position of the main stress in the following question.**

1. A. diary B. telephone C. deliver D. carrier
2. A. generation B. communicate C. entertainment D. presentation
3. **USE OF ENGLISH (14 QUESTIONS)**

**Choose the best option to complete the following question.**

1. I think the best way of communication is \_\_\_\_\_\_\_\_\_\_ because besides words, we can use body language, voice and tone to express our ideas easily.
2. sending text messages B. using carrier pigeons C. using telegraph D. speaking face-to-face
3. Tina is a well-known KOL. She \_\_\_\_\_\_\_\_\_\_\_ vlogs for TikTok every week.
4. writes B. write C. makes D. make
5. At 10 p.m. last night, Tennie \_\_\_\_\_\_\_\_\_\_ her profile picture.
6. updated B. was updating C. updates D. is updating
7. We used to \_\_\_\_\_\_\_\_ food from street vendors 50 years ago.
8. bought C. buy
9. buying D. buys
10. A: Were clothing 100 years ago the same as clothing styles today?

B: Yes. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
A: What did they wear on those days?

1. We did it 100 years ago.
2. There were a lot of clothing styles 100 years ago.
3. We wear the same clothes.
4. People wore traditional clothes.
5. I don’t have my own smartphone. I wish my parents \_\_\_\_\_\_\_ me buy one for myself.
6. let B. lets C. letted D. letting
7. Many people think it’s easier to \_\_\_\_\_\_\_\_\_\_\_\_\_ in big cities because they can find jobs more easily.
8. support living C. make a living
9. get a living D. provide living
10. A: What about travelling in the past? How did people go around?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Travelling in the past was longer.
2. People used to ride horses.
3. They got around all the time.
4. How about travelling by bus?
5. The children are playing computer games in the living room \_\_\_\_\_\_\_\_\_\_\_.
6. at the moment B. in the past C. yesterday D. every day
7. We \_\_\_\_\_\_\_\_\_\_\_ a new vlog on our camcorder when it was broken.
8. records B. record C. were recording D. recorded

**Choose the word that has the CLOSEST meaning to the underlined word.**

1. Traditional costumes from some countries are famous around the world.
2. ordinary B. regular C. normal D. well-known
3. People used carrier pigeons to deliver messages in the past.
4. retain B. send C. capture D. receive

**Choose the word that has the OPPOSITE meaning of the underlined word.**

1. Today, people usually get around by cars, buses or motorbikes.
2. go over B. go around C. stay in D. get in
3. In the past, most things were really different.

A. similar B. unusual C. strange D. varied

1. **WORD FORMATION (5 QUESTIONS)**

**Write the correct form or compound of the given word.**

1. I have some \_\_\_\_\_\_\_\_\_\_\_\_ friends whom I can rely on when things go wrong. **(SUPPORT)**
2. It is \_\_\_\_\_\_\_\_\_\_\_\_ to ride a horse around on the street today. **(USUALLY)**
3. They are not very \_\_\_\_\_\_\_\_\_\_\_\_. They rarely talk to anyone. **(COMMUNICATE)**
4. People usually dress \_\_\_\_\_\_\_\_\_\_\_\_ on special occasions. **(TRADITION)**
5. The fact that fewer and fewer people use radio today leads to the \_\_\_\_\_\_\_\_\_\_\_\_ of this means of communication. **(POPULAR)**
6. **ERROR RECOGNITION (3 QUESTIONS)**

**Find the underlined part that needs correction in the following question.**

1. Lisa was going home when she meets her new English teacher at the corner of the street.
2. going B. when C. meets D. corner
3. My friend’s parents wishes they could afford to buy a new television.
4. friend’s B. wishes C. afford D. new
5. She loves updating her Facebook status every day, but she doesn’t write anything today.
6. updating B. every day C. doesn’t write D. today

**V. WRITING (8 QUESTIONS)**

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

28. Louis spends too much time surfing the Internet every day, which he doesn’t like. (WISH)

* Louis \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

29. People wrote about their daily lives in a diary 40 years ago. (USED)

* People \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

30. People don’t want to use carrier pigeons these days because they have become inconvenient. (REFUSE)

* People \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

31. Tony and Ben were playing in the garden and their mom was cooking at 3 p.m. yesterday. (WHILE)

* Tony and Ben \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

32. People / share / information / their lives / social media / by / post / new entries / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

33. Jennie / wish / had / own laptop / look / information / when / need / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

34. common / extended / it / In / generations / household / the past, / an / three or more / family / was / lived / a / in / with / that / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

35. how to / old / women / raise / teach / home / In the / well / stayed / to / behave / them / and / children / days, / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**UNIT 2**

1. **PRONUNCIATION (5 QUESTIONS)**

**Choose the word whose underlined part differs from the other three in pronunciation in the following question.**

1. A. massive B. charming C. safari D. charge
2. A. affordable B. Northern C. formation D. canyon
3. A. tour B. guesthouse C. mount D. blouse

**Choose the word that differs from the other three in the position of the main stress in the following question.**

1. A. outstanding B. adventure C. gorgeous D. magnetic
2. A. massive B. unique C. Arctic D. process
3. **USE OF ENGLISH (14 QUESTIONS)**

**Choose the best option to complete the following question.**

1. Would you like \_\_\_\_\_\_\_\_\_\_ on a break to the Italian countryside this summer holiday?
2. go B. goes C. going D. to go
3. You had better \_\_\_\_\_\_\_\_\_\_\_ a notebook to write down all the new words you come across while you’re reading.
4. keeps B. keeping C. keep D. to keep
5. Charlies suggested \_\_\_\_\_\_\_\_ the holiday with the travel agent since they can save lots of time and money.
6. book B. booking C. books D. to book
7. I don’t know \_\_\_\_\_\_\_ to look for information about the New Seven Wonders of the World.
8. who B. what C. where D. why
9. Nick: Hi, Flora. How was your summer?

Flora: It was wonderful, Nick. We went abroad this year.
Nick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Flora: I visited Victoria Falls in Africa with my cousins.

1. Did you visit your cousins? C. Where did you stay?
2. Was it in Africa? D. Where did you go?
3. The cliffs were \_\_\_\_\_\_\_\_\_\_\_ steep for us to climb without proper equipment.
4. too B. enough C. that D. so
5. Some parents feel worried about their children’s safety, so sometimes they don’t let their sons or daughters \_\_\_\_\_\_\_\_\_\_\_ on any school trips.
6. to go B. gone C. go D. going
7. A: How long did you stay there?

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Staying there was amazing.
2. First, we decided to have a one-month break there but then we shortened the holiday to 10 days.
3. We visited that museum a long time ago.
4. We didn’t know how to get there.
5. People may not have \_\_\_\_\_\_\_\_\_\_\_ to visit all of the famous places on their itineraries when they are on holiday.
6. enough time B. times enough C. a lot of times D. lots time
7. The Northern Lights are so special because they \_\_\_\_\_\_\_\_\_ only near the Arctic Circle.
8. carve B. guide C. appear D. leave

**Choose the word that has the CLOSEST meaning to the underlined word.**

1. When visiting Phu Quy Island, you can enjoy gorgeous sandy beaches, which are perfect for sunbathing and scuba-diving.
2. ordinary B. ugly C. horrible D. attractive
3. Tourists can choose their favourite places to stay from a wide range of accommodation types, such as hotels, resorts, hostels, homestays, etc.
4. restaurant B. lodging C. landscape D. experience

**Choose the word that has the OPPOSITE meaning of the underlined word.**

1. Visitors could enjoy the unique opportunities to see wildlife in Cuc Phuong National Park.
2. special B. uncommon C. usual D. rare
3. The agency has recently offered some affordable tours so that everyone could pick one suitable for themselves.

A. costly B. cheap C. economical D. effective

1. **WORD FORMATION (5 QUESTIONS)**

**Write the correct form or compound of the given word.**

1. We stayed in a very modern hotel with lots of \_\_\_\_\_\_\_\_\_\_\_\_ last summer. **(FACILITY)**
2. The \_\_\_\_\_\_\_\_\_\_\_\_ for the exchange students of this program is a traditional Japanese house in the suburb of Kyoto. **(ACCOMMODATE)**
3. Ha Long Bay is one of the most beautiful tourist \_\_\_\_\_\_\_\_\_\_\_\_ in the world. **(ATTRACTIVE)**
4. The development of tourism can lead to wild animals’ habitat \_\_\_\_\_\_\_\_\_\_\_\_. **(DESTROY)**
5. A trip to Hoi An Ancient Town is definitely an \_\_\_\_\_\_\_\_\_\_\_\_ experience. **(FORGET)**
6. **ERROR RECOGNITION (3 QUESTIONS)**

**Find the underlined part that needs correction in the following question.**

1. The weather isn’t cool enough go on a mountain holiday.
2. weather B. cool C. go D. holiday
3. We considered visit Victoria Falls this year to experience the beautiful nature.
4. We B. visit C. experience D. nature
5. When Tommy got lost in the crowded streets of London, he didn’t know what can do.
6. got B. crowded C. didn’t D. can

**V. WRITING (8 QUESTIONS)**

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

28. Why don’t we go on a camping trip and stay in the tent for a week? (SUGGEST)

* I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

29. The tour guide told us where we should ask about the tour information. (TO)

* The tour guide told us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

30. Lisa didn’t have enough energy to go trekking through the mountains. **(TIRED)**

* Lisa was too \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

31. The wind was too weak to cause any damage to the village on the top of the hill. **(STRONG)**

* The wind was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

32. The customer / ask / the travel agent / find / cheapest / holiday resort / him / last Monday /.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

33. John / want / book / hotel room / his holiday / online / but / he / not know / how / do / it / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

34. holiday / about / find / , please / Could / where / package / tell / Vietnam / me / you / information / the / the / to / in / ?

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

35. top / dangerous / Parícutin Volcano / climb / too / it / is / of / the / us / for / to / to / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**UNIT 3**

1. **PRONUNCIATION (5 QUESTIONS)**

**Choose the word whose underlined part differs from the other three in pronunciation in the following question.**

1. A. regular B. manager C. surgeon D. gym
2. A. starchy B. sugary C. dairy D. carbohydrate
3. A. function B. nutrient C. junk D. muscle

**Choose the word that differs from the other three in the position of the main stress in the following question.**

1. A. workout B. balanced C. maintain D. cancer
2. A. energy B. digestive C. physical D. mineral
3. **USE OF ENGLISH (14 QUESTIONS)**

**Choose the best option to complete the following question.**

1. Along with calcium, vitamin D is necessary for your bones as it \_\_\_\_\_bone mass and helps prevent osteoporosis.
2. maintained B. maintain C. maintaining D. maintains
3. Don’t take a shower immediately after having a \_\_\_\_\_\_\_\_. You should wait for a few minutes until your heart rate and body temperature go back to normal.
4. hobby B. stress C. workout D. joint
5. My uncle Bill \_\_\_\_\_\_\_\_ play football when he was young. He was the best striker of the team then.
6. can B. could C. can’t D. couldn’t
7. You should \_\_\_\_\_\_\_ yourself every day by having balanced meals, relaxing in your leisure time, getting good sleep, and doing anything that makes you happy.
8. look for C. look after
9. look up D. look out
10. A: I think I need to take a nap now. It’s a tiring day.

B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Of course, you must be exhausted after the mountain trip.
2. You can work out more often to build the muscles.
3. How much sleep do you have every day?
4. If you stay up late so often, you might have heart disease.
5. You need to \_\_\_\_\_\_\_\_\_ the energy you take in with the energy you burn by a healthy diet.
6. balance B. boost C. get D. reduce
7. Wholegrain bread, rice, bread, potatoes, and other \_\_\_\_\_\_\_\_are among the five main food groups.
8. dairy products C. starchy foods
9. fruit and vegetables D. junk food
10. Student A: I saw some friends doing weight training yesterday and started learning some techniques from them. It seemed easy to improve the body shape.

Student B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. You’re right. A bodybuilder should not consume alcoholic drinks.
2. I don’t think so. You should work with a professional physical therapist or a fitness specialist if you want to get started.
3. Thanks for the advice. Weightlifting might be a good way for me to lose my belly fat.
4. Do you have any other tips for body shape management?
5. The \_\_\_\_\_\_\_\_\_\_\_ in our body breaks down carbohydrates into glucose.
6. digestive system B. joint C. mental health D. muscle
7. Protein should be included in all your meals as it is a vital \_\_\_\_\_\_\_\_for appetite and weight control.
8. hormone B. calorie C. food D. nutrient

**Choose the word that has the CLOSEST meaning to the underlined word.**

1. Calcium, sodium, iron and zinc are some of the important minerals in water that are beneficial to your body.
2. affordable B. social C. potential D. profitable
3. Mrs. Flint must have been too stressed. She has dark circles beneath her eyes after three sleepless nights.
4. unusual B. strained C. relaxed D. unstressed

**Choose the word that has the OPPOSITE meaning of the underlined word.**

1. I always have my lunch in the campus canteen because they offer various healthy choices with nutritious food.
2. unbalanced B. unstressed C. healthful D. unhealthy
3. He has to maintain a healthy diet with non-fried foods and sugar-free beverages because of his potential for obesity.

A. give up B. go on C. give away D. take up

1. **WORD FORMATION (5 QUESTIONS)**

**Write the correct form or compound of the given word.**

1. Having a small cup of Greek yogurt regularly can \_\_\_\_\_\_\_\_\_\_\_\_ your overall health as it is high in protein, vitamins and minerals. **(BENEFICIAL)**
2. You must be tired after a whole day preparing for the examination, Bob. Now you may feel \_\_\_\_\_\_\_\_\_\_\_\_ better if you take time to relax and get some sleep. **(MENTAL)**
3. You shouldn’t push yourself into a heavy workout, especially when you start feeling \_\_\_\_\_\_\_\_\_\_\_\_ . **(BREATH)**
4. Teenagers might have \_\_\_\_\_\_\_\_\_\_\_\_ at night and feel severely tired during the day. **(SLEEP)**
5. My doctor suggested drinking less alcohol and avoiding foods containing trans fats to stay \_\_\_\_\_\_\_\_\_\_\_\_ fit. **(PHYSICAL)**
6. **ERROR RECOGNITION (3 QUESTIONS)**

**Find the underlined part that needs correction in the following question.**

1. My mom usually makes lunch boxes for me to eat at school to make sure of my balancing diet.
2. makes B. me C. sure D. balancing
3. Working out may be quite difficult at the very first steps, but the payoff is worthy it.
4. Working B. difficult C. first D. worthy
5. Some of my friends are always too busy with their studies to socialised during the week.
6. Some B. with C. socialised D. during

**V. WRITING (8 QUESTIONS)**

**Combine the sentences using the given word(s).**

28. They organised the Huế English Speaking Competition last December.

**(TOOK PLACE)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Combine the sentences using the given word(s).**

29. Although Jenny had a stomach ache last Friday, she managed to finish the Math test. **(ALTHOUGH, ABLE)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Combine the sentences using the given word(s).**

30. Gwen wants to stay hydrated during the workout. It’s possible for her to drink some water after every 15-20 minutes of exercise. **(CAN, IF)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Rewrite the following sentence without changing its meaning. Use the given word(s) if any.**

31. Andy wants to stay safe at the gym. It’s necessary for him to follow these safety instructions during his workout. **(SHOULD, IF)**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

32. I / usually / go home / bus / , / but / my mom and dad / pick me up / from school / yesterday / give me / a / surprise / birthday present /.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Use the given words or phrases to make a complete sentence.**

33. If / teenagers / place / high priority / sleep / night /, they / will / feel / more energetic and alert / next morning.

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

34. leafy vegetables and nuts / balanced / relying / should / too much / eat / a / diet / to get / nutrients / rather than / on / meat and dairy products / vital / with / We / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Put the words in the correct order to make a correct sentence.**

35. You / foods and drinks / having smaller meals / the energy / by eating a balanced diet / with / healthy / and / reduce / throughout the day / consumed /can / .

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.