

# UNIT 10: HEALTH AND HYGIENE

## A. PERSONAL HYGIENE

### I. Vocabulary:

1. Health (n)	: sức khỏe	13. To worry	: lo lắng
2. Hygiene (n)	: vệ sinh	14. To forget	: quên
3. Harvest (n)	: mùa gặt		
4. Morning exercise (n)	: thể dục buổi sáng	15. Personal (a)	: cá nhân, riêng tư
5. Washing (n)	: sự giặt giũ	16. Helpful (a)	: giúp ích, có ích
6. Change (n)	: sự thay đổi	17. Own (a)	: tự mình
7. Toothbrush(n)	: bàn chải đánh răng	18. Glad (a)	: vui mừng
		19. Strange (a)	: lạ, xa lạ
8. To hope	: hi vọng		
9. To wash	: giặt, rửa	20. Nearly (adv)	: gần đến, gần như
10. To iron	: ủi quần áo	21. Probably (adv)	: chắc hẳn, hầu như
11. To polish	: đánh bóng	22. Carefully (adv)	: cẩn thận
12. To comb	: chải	23. Well (adv)	: khỏe mạnh
❖ To take care of oneself	: tự chăm lo cho mình		
To stay up late	: thức, không đi ngủ		
To put on	: mặc, đội, đi(giày)		
To take/do morning exercise:	tập thể dục buổi sáng		
At first	: lúc đầu, ban đầu		

### II. GRAMMAR

#### 1. Simple present tense:

I, you, we, they + Verb  
He, She, It + Verb (s / es)

#### 2. Simple past tense:

I, YOU, WE, THEY, HE, SHE, IT + VERB (ED / 2)

#### 1. IMPERATIVE SENTENCES (CÂU MỆNH LỆNH) :

Dùng để ra lệnh, sai khiến hay đề nghị ai đó làm gì.

a. CÂU MỆNH LỆNH KHẲNG ĐỊNH: Bắt đầu bằng một động từ nguyên mẫu

Verb (bare-infinitive) + Object  
Verb (bare-infinitive) + Preposition (giới từ)

**Ex:** Look at the blackboard.

b. CÂU MỆNH LỆNH PHỦ ĐỊNH: được thành lập bằng:

Don't + Verb (bare-infinitive) + Object

**Ex:** Don't close the door. (Đừng đóng cửa)

Don't eat too much candy. (Đừng ăn quá nhiều kẹo)

-> Có thể thêm "Please" vào đầu hoặc cuối câu mệnh lệnh hoặc câu đề nghị để câu nói lịch sự hơn.

## B. A BAD TOOTHACHE

### I. VOCABULARY

#### NOUN

1. Toothache	: sự đau răng	14. To hurt	: làm đau
2. Dentist	: nha sĩ	15. To check	: kiểm tra
3. Appointment	: sự hẹn gặp, cuộc hẹn	16. To smile at	: mỉm cười (với ai)
4. Sound	: âm thanh	17. To notice	: nhận thấy, nhận ra
5. Drill	: máy khoan	18. To explain	: giải thích
6. Cavity	: lỗ sâu răng	19. To touch	: sờ, chạm vào
7. Tooth - teeth (pl.)	: răng	20. To neglect	: xao lãng
8. Surgery	: phòng khám bệnh		

#### ADJ



- a. did                                      b. filled                                      c. made                                      d. got
7. She can't chew because she has a \_\_\_\_\_ .  
a. headache                                      b. stomach                                      c. toothache                                      d. backache
8. She received a letter \_\_\_\_\_ her mom last week.  
a. of                                      b. to                                      c. from                                      d. for
9. Wash your hands \_\_\_\_\_ meals.  
a. after                                      b. in                                      c. before                                      d. at
10. \_\_\_\_\_ come to school yesterday?  
a. Why did you                                      c. Why didn't you                                      b. When did you d. How didn't you
11. Let's go somewhere \_\_\_\_\_ a drink !  
a. for                                      b. by                                      c. to                                      d. with
12. Swimming is good for your \_\_\_\_\_ .  
a. healthy                                      b. health                                      c. healthful                                      d. unhealth
13. You ought \_\_\_\_\_ your hands before meals.  
a. wash                                      b. washed                                      c. to wash                                      d. washing
14. I'm not afraid \_\_\_\_\_ snakes.  
a. of                                      b. with                                      c. at                                      d. for
15. Were you at home yesterday? -> Yes, \_\_\_\_\_ .  
a. you were                                      b. I were                                      c. you was                                      d. I was
16. He's a new student. Everything is \_\_\_\_\_ to him.  
a. good                                      b. strange                                      c. well                                      d. strangely
17. \_\_\_\_\_ did Hoa go last night? Hoa went to the movie last night.  
a. Why                                      b. Where                                      c. When                                      d. What
18. Where \_\_\_\_\_ your family \_\_\_\_\_ in 1975?  
a. does/ live                                      b. does/ lived                                      c. did/ lived                                      d. did/ live
19. My father always drives \_\_\_\_\_. He never causes accidents.  
a. careless                                      b. careful                                      c. carelessly                                      d. carefully
20. Did she have a bad toothache?-\* No, \_\_\_\_\_  
a. she did                                      b. she didn't                                      c. she does                                      d. she doesn't

#### IV. Supply the correct forms or tenses of verbs in the brackets.

- (Not forget) \_\_\_\_\_ to close the door.
- The Greens (be) \_\_\_\_\_ at the zoo 4 hours ago.
- George (like) \_\_\_\_\_ swimming when he was eight.
- They (not stay) \_\_\_\_\_ at the Rose Hotel last vacation.
- Peter and Tom (not play) \_\_\_\_\_ football yesterday.
- Daisy (agree) \_\_\_\_\_ with other members in the last meeting?
- The students like (watch) \_\_\_\_\_ cartoon.
- The Parkers (not be) \_\_\_\_\_ at home yesterday?
- She forgot (turn off) \_\_\_\_\_ the light before (go) \_\_\_\_\_ out
- Jacky would love (have) \_\_\_\_\_ dinner at Sally's house.

#### V. Fill the blanks with the correct answers.

How can we keep our teeth (1) \_\_\_\_\_ ? Firstly, we should visit our (2) \_\_\_\_\_ twice a year. He can examine our teeth and (3) \_\_\_\_\_ the small holes in our teeth before they destroy the teeth. Secondly, we should (4) \_\_\_\_\_ our teeth at least twice a day - once after breakfast and once before we go to bed. Thirdly, we should eat food that is (5) \_\_\_\_\_ for our teeth and our body such as milk, cheese, fish, potatoes, red rice, raw vegetables and fresh fruit. Chocolate, sweet, biscuits and cakes are (6) \_\_\_\_\_ because they stick to our teeth and cause decay.

- |                |            |              |                 |
|----------------|------------|--------------|-----------------|
| 1. a. healthy  | b. health  | c. healthful | d. unhealthy    |
| 2. a. doctor   | b. dentist | c. nurse     | d. engineer     |
| 3. a. take     | b. fill    | c. get       | d. bring        |
| 4. a. to brush | b. brushes | c. brash     | d. brushing     |
| 5. a. best     | b. better  | c. well      | d. good         |
| 6. a. health   | b. healthy | c. unhealthy | d. healthiness. |

**VI. WRITE**

**Write the second sentence so that it has the similar meaning to the first.**

1. You should wash your hands before meals.

You ought .....

2. What is the matter with him?

What's .....

3. I like orange juice than lemon juice.

I prefer .....

4. Let's go swimming.

Why don't .....

5. I sent my friend a letter last week.

My friend .....

6. Thuy often goes to school on foot.

Thuy .....

7. My classroom had a big clock.

There .....

8. He was absent from class yesterday because he had a headache.

He didn't .....

9. The bike is 1.500.000d.

The price .....

10. The blue car is cheaper than the black one.

The black car .....

