

A. TOPICS: Unit 1, Unit 2

B. CONTENTS

I. VOCABULARY

1. Hobbies
2. Healthy living

II. PRONUNCIATION:

- 1, Sounds /ə/ and /ɜ:/
- 2, Sounds /f/ and /v/

III. GRAMMAR:

1. Verb tenses: Review Present simple
2. Verbs of liking and disliking
3. Simple sentence

IV. EXERCISES

Ex1. Choose the word (A, B, C or D) whose stress is different from the others.

- | | | | |
|-----------------|-------------|------------|------------|
| 1. A. dollhouse | B. affect | C. jogging | D. patient |
| 2. A. dirty | B. active | C. avoid | D. outdoor |
| 3. A. collect | B. donate | C. provide | D. tutor |
| 4. A. exchange | B. homeless | C. protect | D. repair |
| 5. A. summer | B. water | C. student | D. receive |

Ex2. Choose the word whose underlined part is pronounced differently from the others.

- | | | | |
|-----------------|--------------|------------|-------------|
| 1. A. cough | B. enough | C. through | D. laugh |
| 2. A. night | B. tough | C. flight | D. high |
| 3. A. learn | B. early | C. earth | D. hear |
| 4. A. verb | B. herb | C. never | D. person |
| 5. A. leaf | B. favourite | C. farm | D. of |
| 6. A. orphanage | B. patient | C. agree | D. about |
| 7. A. of | B. coffee | C. leaf | D. fault |
| 8. A. knee | B. knife | C. king | D. knitting |
| 9. A. daughter | B. weigh | C. rough | D. thought |
| 10. A. eat | B. head | C. dead | D. bread |

Ex3. Choose the best word or phrase (A, B, C or D) to complete each sentence.

1. The train usually _____ in Ha Noi at 8 a.m.
A. arrive B. will arrive C. arrives D. is arriving
2. – Do your friends often _____ volleyball at weekends?
– No, they won't.
A. go B. play C. collect D. do
3. We usually _____ litter in our neighbourhood on Sunday morning.
A. look for B. pick up C. hand in D. tidy up
4. We should follow the advice from doctors and health _____ in order to keep fit.
A. people B. workers C. managers D. experts
5. Phuong and her friends often _____ small children in their village.
A. learn B. go C. play D. tutor
6. One of my favourite hobbies is _____ comics. I love _____ more famous ones.
A. read / collecting B. reading / collecting
C. to read / to collect D. reading / collected
7. She usually eats some sweet cakes before going to sleep, so she may put _____ weight if she continues to do that.

8. My brother played volleyball with his friends on the beach yesterday. His skin turns brown and got some ____.
- A. sunburns B. sickness C. allergies D. weight
9. You can have better health when you _____ drinking a lot of soft drink.
- A. avoid B. keep C. get D. prefer
10. You will get _____ if you gain weight rapidly.
- A. cough B. flu C. obesity D. stomachache
11. We should play sports or do exercise in order to stay in _____
- A. look B. shape C. fit D. health
12. _____! You will have a strong heart.
- A. Eat vegetables more B. Watch TV more
C. Eat less fruits D. Wash your face less
13. My family enjoys _____ because we can sell vegetables and flowers _____ money.
- A. garden-to B. gardening-for C. gardening-with D. garden - of
14. _____! You can lose your weight more quickly.
- A. Take care of yourself more B. Walk around the park more regularly
C. Focus on your own study D. Drink mineral water more when you play in the sun
15. She usually plays badminton, _____ she eats a lot of healthy food.
- A. and B. but C. or D. so
16. He felt pain in his eyes two days ago, _____ his mother took him to the doctor.
- A. but B. because C. or D. so
17. He sometimes visits and brings some presents for elderly people at the _____.
A. nursing home B. sport centre C. post office D. bus station
18. – Do you enjoy playing football?
A. By the way. I don't like it. B. Let's play it together tomorrow.
C. Yes. It is one of my favourite hobbies. D. No problem. I prefer playing badminton.
19. – “Mom, I have an earache.”
“ _____ ”
A. Oh, we should go to the doctor now. B. Eat more fresh fruits, my dear!
C. You listened to music all day. D. Let's go out with me and you will be better.
20. I love my sister's paintings because she is very _____ in using colours.
- A. careless B. care C. creative D. imagine

Ex4. Find a mistake in each sentence and correct it.

1. The children would love eating French fries

2. Do your brother like riding a horse?

3. I enjoy to listen to music while I'm doing the cooking.

4. I think playing volleyball is interesting because it is a team game.

5. They don't like making models in their free time.

Ex5. Read the passage and choose the correct answer (A, B, C or D) to fill in the blanks.

My cousin's name is Suri. She's 12 years old like me. She's a very creative girl. In her free time, she loves drawing and (1) _____ paper flowers. She can stay at home the whole day to draw or make paper flowers. Sometimes she (2) _____ these hobbies with me. She teaches me how to make colourful flowers and draw beautiful pictures. She usually gives me and my family members beautiful pictures and flowers as (3) _____ on our birthdays. She says that drawing makes her creative and making flowers (4) _____ her be more patient. She dreams of becoming an artist or an art teacher in the future. I (5) _____ that her dream will come true one day.

- | | | | |
|--------------|---------------|-----------|--------------|
| 1. A. making | B. makes | C. made | D. is making |
| 2. A. gets | B. has | C. shares | D. gives |
| 3. A. things | B. activities | C. awards | D. gifts |
| 4. A. tells | B. turns | C. helps | D. feels |
| 5. A. hope | B. tell | C. wish | D. find |

Ex6. Read the passage and choose the correct answer A, B, C or D.

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world.

Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

- In 2019, Spain was the number _____ in health.
A. one B. two C. four D. ten
- The Mediterranean diet includes _____.
A. lots of vegetables B. red meat C. potato soup D. bread
- Spanish people _____.
A. have more diseases than the rest of the world.
B. have fewer diseases than the rest of the world.
C. have as many diseases as the rest of the world.
D. suffer from the highest number of diseases in the world
- Beautiful _____ makes the Spanish happy.
A. beaches B. houses C. weather D. flowers
- The Spanish enjoy _____.
A. good food B. simple pleasures C. good transportation D. good education

Ex7. Using the given words to complete the sentences.

1. Here / be / some / tips / help / you / keep fit.

2. Eat / right / foods / drink / enough / water.

3. Air pollution / be / really harmful / our health.

4. Going to bed / getting up / early / be / good / your health

5. I / like / garden / because / I / love / plants / flowers.

6. Make / models / develop / your / creativity.

7. Jog / make / you / strong / and / reduce / stress.

8. Alex/ keen/ photos. He/ photos/ every day.

Ex8. Rewrite the following sentences without changing the meaning, using the word given.

1. I find collecting glass bottles interesting.

→ My hobby

2. You shouldn't eat much fast food. You shouldn't eat sweetened food.

→ You shouldn't eat

3. It's a good idea to do exercise regularly.

→ You should

4. I like watching TV best.

→ My favourite hobby is

Ex9. Put the sentences in the correct order to make a logical text.

1. Topic: Hobby

a. Some people enjoy quiet activities like reading or painting.

b. Hobbies are important for relaxation and personal growth.

c. Others prefer more active hobbies such as sports or dancing.

A. b - a - c

B. b - c - a

C. a - c - b

D. c - a - b

2. Topic: Healthy Lifestyle

a. I also like to play sports and stay active.

b. So I try to eat lots of fruit and vegetables.

c. It's important to have a healthy lifestyle.

A. b - a - c

B. b - c - a

C. a - c - b

D. c - b - a

3. Topic: My Hobby

a. I enjoy taking pictures of nature and people because it helps me stay focus.

b. Photography is my favorite hobby.

c. I use my smartphone to take most of my photos and sometimes I edit the pictures on my computer.

d. I want to buy a real camera in the future.

A. a - c - d - b

B. b - a - c - d

C. c - d - b - a

D. d - b - a - c

4. I love playing traditional games. A traditional game is different from a modern one in many ways. _____

a. You have to find some friends to play the game with.

b. First, they are usually for groups.

c. Second, most of them are outdoor.

d. You can play in the playground, in the park, or anywhere you find enough space for the game.

A. a - b - c - d

B. b - a - c - d

C. c - d - b - a

D. d - b - c - a

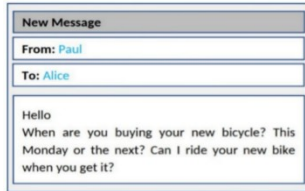
Ex10. Reading signs

1. Look at the sign. Choose the best answer for the question.



- A. Use your phone secretly.
- B. Silence your phone but keep using it.
- C. Avoid using phones to focus on your work.
- D. Only put your phone away during meetings.

2. What does Paul request from Alice in his message?



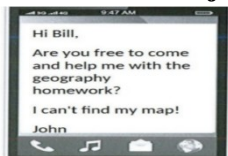
- A. To try out her new bicycle when she gets it
- B. To borrow money for a bicycle**
- C. To teach him how to ride a bicycle
- D. To go bicycle shopping together

3. Look at the signs. Choose the best answer for the question.



- A. You must ring the bell to ask for help.
- B. The bell will ring when you come in.
- C. The bell will ring when you go out.
- D. The staff will ring the bell for you.**

4. What subject does John need help with?



- A. Geography
- B. History**
- C. English

D. Math

5. Look at the signs. Choose the best answer for the question.

- A. Pay attention when being on fire here.
- B. Extinguish fire inside. (dập tắt)
- C. Don't play with fire here.
- D. Exit in the event of a fire.**



6. Look at the signs. Choose the best answer for the question.



- A. Seatbelts are suggested but not necessary.
- B. You should fasten your seatbelt for safety.
- C. It's fine to leave your seatbelt unfastened.
- D. Fastening your seatbelt is only important for the driver.**

ĐÁP ÁN VÀ GIẢI CHI TIẾT

A. ĐÁP ÁN

Phần	Đáp án
Ex1 – Trọng âm	1B 2C 3D 4B 5D
Ex2 – Phát âm	1C 2B 3D 4C 5D 6B 7A 8C 9C 10A
Ex3 – Từ vựng/ngữ pháp	1C 2B 3B 4D 5D 6B 7C 8A 9A 10C 11B

	12A 13B 14B 15A 16D 17A 18C 19A 20C
Ex5 – Điền đoạn văn	1A 2C 3D 4C 5A
Ex6 – Đọc hiểu	1A 2A 3B 4C 5B
Ex9 – Sắp xếp đoạn văn	1A 2D 3B 4B
Ex10 – Biễn báo/tin nhắn	1C 2A 3A 4A 5D 6B

B. GIẢI CHI TIẾT

Ex1. Choose the word whose stress is different from the others.

- B. affect** — affect /ə'fekt/ nhấn âm 2; dollhouse, jogging, patient đều nhấn âm 1.
- C. avoid** — avoid /ə'vɔɪd/ nhấn âm 2; dirty, active, outdoor nhấn âm 1.
- D. tutor** — collect, donate, provide đều nhấn âm 2; tutor /'tju:tə(r)/ nhấn âm 1.
- B. homeless** — exchange, protect, repair nhấn âm 2; homeless /'həʊmɪləs/ nhấn âm 1.
- D. receive** — summer, water, student nhấn âm 1; receive /rɪ'si:v/ nhấn âm 2.

Ex2. Choose the word whose underlined part is pronounced differently.

- C. through** — gh trong cough, enough, laugh đọc /f/; trong through không phát âm.
- B. tough** — gh trong tough đọc /f/; night, flight, high có gh câm.
- D. hear** — ea trong learn, early, earth đọc /ɜ:/; hear đọc /ɪə/ (Anh–Anh).
- C. never** — er trong verb, herb, person có âm /ɜ:/; er ở cuối never đọc âm nhẹ /ə/.
- D. of** — f trong leaf, favourite, farm đọc /f/; f trong of đọc /v/.
- B. patient** — a trong orphanage, agree, about là âm yếu /ə/; a trong patient thuộc /eɪ/.
- A. of** — of có /v/; coffee, leaf, fault đều có /f/.
- C. king** — k trong knee, knife, knitting câm; k trong king phát âm /k/.
- C. rough** — gh trong rough đọc /f/; daughter, weigh, thought có gh câm.
- A. eat** — ea trong eat đọc /i:/; head, dead, bread đọc /e/.

Ex3. Choose the best word or phrase to complete each sentence.

- C. arrives** — Lịch trình/tàu xe dùng hiện tại đơn: The train usually arrives...
- B. play** — Cụm đúng là play volleyball. Sau Do + chủ ngữ số nhiều dùng động từ nguyên mẫu. Lưu ý đáp lời trong đề “No, they won’t” chưa khớp; tự nhiên phải là “No, they don’t.”
- B. pick up** — pick up litter = nhặt rác.
- D. experts** — health experts = chuyên gia sức khỏe.
- D. tutor** — tutor small children = kèm/dạy thêm cho trẻ nhỏ.
- B. reading / collecting** — Sau hobby có thể dùng V-ing; love + V-ing. “reading comics” và “collecting ... ones”.
- C. on** — put on weight = tăng cân.
- A. sunburns** — Chơi ngoài bãi biển dễ bị sunburn. Câu nguồn hơi chưa tự nhiên; nên viết “His skin turned brown and he got sunburn.”
- A. avoid** — avoid + V-ing → avoid drinking soft drinks.
- C. obesity** — obesity = béo phì; tăng cân nhanh có thể dẫn đến béo phì.
- B. shape** — stay in shape = giữ dáng/giữ cơ thể khỏe mạnh.

12. **A. Eat vegetables more** — Ý đúng là ăn nhiều rau hơn để tốt cho tim. Câu tiếng Anh tự nhiên hơn: “Eat more vegetables!”
13. **B. gardening – for** — enjoy + V-ing → gardening; sell ... for money = bán để lấy tiền.
14. **B. Walk around the park more regularly** — Đi bộ đều đặn giúp tiêu hao năng lượng và giảm cân.
15. **A. and** — Hai ý cùng chiều: chơi cầu lông và ăn đồ ăn lành mạnh.
16. **D. so** — Mất đau, vì vậy mẹ đưa đi bác sĩ → quan hệ kết quả.
17. **A. nursing home** — nursing home = viện dưỡng lão, nơi người cao tuổi sinh sống/chăm sóc.
18. **C. Yes. It is one of my favourite hobbies.** — Câu hỏi Do you enjoy...? cần câu trả lời trực tiếp về sở thích.
19. **A. Oh, we should go to the doctor now.** — Đau tai cần đi khám; đây là lời khuyên phù hợp nhất.
20. **C. creative** — creative in using colours = sáng tạo trong việc sử dụng màu sắc.

Ex4. Find a mistake in each sentence and correct it.

1. **Sai:** The children would love eating French fries. → **Đúng:** The children would love to eat French fries. **Giải thích:** would love + to V.
2. **Sai:** Do your brother like riding a horse? → **Đúng:** Does your brother like riding a horse? **Giải thích:** Chủ ngữ brother số ít → Does.
3. **Sai:** I enjoy to listen to music while I'm doing the cooking. → **Đúng:** I enjoy listening to music while I'm doing the cooking. **Giải thích:** enjoy + V-ing.
4. **Sai:** I think playing volleyball is interested because it is a team game. → **Đúng:** I think playing volleyball is interesting because it is a team game. **Giải thích:** interesting mô tả sự vật/hoạt động; interested mô tả cảm xúc của người.
5. **Sai:** They doesn't like making models in their free time. → **Đúng:** They don't like making models in their free time. **Giải thích:** They → do/don't, không dùng does/doesn't.

Ex5. Read the passage and choose the correct answer.

1. **A. making** — Song song với drawing sau loves: loves drawing and making paper flowers.
2. **C. shares** — share these hobbies with me = chia sẻ những sở thích này với tôi.
3. **D. gifts** — pictures and flowers được tặng vào sinh nhật → gifts.
4. **C. helps** — help + O + V: making flowers helps her be more patient.
5. **A. hope** — I hope that ... will come true = Tôi hy vọng ... sẽ thành hiện thực.

Ex6. Read the passage and choose the correct answer.

1. **A. one** — Bài nói Spain was the healthiest country in the world → đứng số 1 về sức khỏe.
2. **A. lots of vegetables** — Mediterranean diet có plenty of seafood and veggies.
3. **B. have fewer diseases than the rest of the world** — Đoạn văn nói người Tây Ban Nha suffer from fewer diseases.
4. **C. weather** — Một lý do lớn khiến họ hạnh phúc là beautiful weather all year round.
5. **B. simple pleasures** — Câu cuối: The Spanish enjoy the simple pleasures of life.

Ex7. Using the given words to complete the sentences.

1. Here are some tips to help you keep fit. **Giải thích:** Here are + danh từ số nhiều; to help = để giúp.
2. Eat the right foods and drink enough water. **Giải thích:** Câu mệnh lệnh dùng động từ nguyên mẫu Eat/Drink.
3. Air pollution is really harmful to our health. **Giải thích:** be harmful to = có hại cho.
4. Going to bed and getting up early are good for your health. **Giải thích:** Hai hoạt động nối bằng and nên dùng are.
5. I like gardening because I love plants and flowers. **Giải thích:** like + V-ing; because chỉ nguyên nhân.
6. Making models develops your creativity. **Giải thích:** Cụm V-ing làm chủ ngữ; coi là một hoạt động nên động từ số ít develops.
7. Jogging makes you strong and reduces stress. **Giải thích:** Jogging là chủ ngữ số ít → makes, reduces.
8. Alex is keen on taking photos. He takes photos every day. **Giải thích:** be keen on + V-ing; hiện tại đơn với He → takes.

Ex8. Rewrite the sentences without changing the meaning.

1. My hobby is collecting glass bottles. **Giải thích:** find + V-ing + adjective → có thể chuyển sang “My hobby is + V-ing”.
2. You shouldn't eat much fast food or sweetened food. **Giải thích:** Trong câu phủ định, or thường nối hai thứ đều không nên ăn.
3. You should do exercise regularly. **Giải thích:** It's a good idea to... → You should...
4. My favourite hobby is watching TV. **Giải thích:** like ... best → favourite hobby is ...

Ex9. Put the sentences in the correct order.

1. **A. b – a – c** — b nêu ý chung về hobbies; a và c lần lượt nêu hai nhóm sở thích quiet/active.
2. **D. c – b – a** — c nêu chủ đề healthy lifestyle; b nói ăn lành mạnh; a dùng also để thêm vận động.
3. **B. b – a – c – d** — b giới thiệu hobby; a giải thích lý do; c mô tả cách chụp; d nói dự định tương lai.
4. **B. b – a – c – d** — b có First; a giải thích cần bạn chơi cùng; c có Second; d giải thích chơi ngoài trời ở đâu.

Ex10. Reading signs / messages.

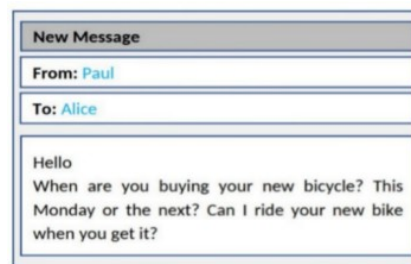
1. **C. Avoid using phones to focus on your work.** — Biển ghi “NO CELL PHONES DURING WORK HOURS” → không dùng điện thoại trong giờ làm.
2. **A. To try out her new bicycle when she gets it.** — Paul hỏi Alice khi nào mua xe mới và “Can I ride your new bike when you get it?”
3. **A. You must ring the bell to ask for help.** — Biển ghi “RING BELL FOR SERVICE” → bấm chuông để được phục vụ/hỗ trợ.
4. **A. Geography** — Tin nhắn của John nói cần giúp “geography homework” và không tìm thấy bản đồ.
5. **D. Exit in the event of a fire.** — Đây là biển lối thoát khi có cháy (fire exit).

6. B. You should fasten your seatbelt for safety. — Biển cảnh báo yêu cầu “Please fasten your seat belt.”

Ex10 – Câu 1



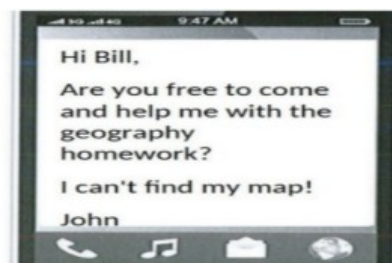
Ex10 – Câu 2



Ex10 – Câu 3



Ex10 – Câu 4



Ex10 – Câu 5



Ex10 – Câu 6



C. CÔNG THỨC CẦN NHỚ

Hiện tại đơn: S + V(s/es); Do/Does + S + V...?; dùng cho thói quen, sự thật.

Verbs of liking/disliking: like/love/enjoy + V-ing; hate/dislike + V-ing; would love + to V.

Liên từ: and = và; but = nhưng; so = vì vậy; because = bởi vì.

Cụm từ sức khỏe: put on weight = tăng cân; stay in shape = giữ dáng; avoid + V-ing; be harmful to; do exercise.

Sở thích: be keen on / be interested in / be fond of + V-ing/N.