SỞ GIÁO DỤC VÀ ĐÀO TẠO THÀNH PHỐ HỒ CHÍ MINH

# TRƯỜNG THPT NGUYỄN TẤT THÀNH

**HỌC SINH TỰ HỌC – TUẦN 5 MÔN TIẾNG ANH – KHỐI 10**

|  |  |
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| **NỘI DUNG** | |
| **Tên bài học/ chủ đề -**  **Khối lớp** | **UNIT 2: YOUR BODY AND YOU** |
| **Hoạt động 1**: ***Đọc tài liệu và thực hiện các yêu cầu.*** | 1. Tài liệu tham khảo:  - Sách giáo khoa Tiếng Anh 10 :  **UNIT 2: YOUR BODY AND YOU**  WRITING SKILL  COMMUNICATION AND CULTURE  LOOKING BACK  - Video bài giảng:  + WRITING SKILL  <https://youtu.be/Xd73sisiwAI>  + COMMUNICATION AND CULTURE  <https://youtu.be/3tV9J0mWqV0>  + LOOKING BACK  <https://youtu.be/rIjgeIiWD14>  - Tóm tắt kiến thức cần ghi nhớ (Phụ lục 1 – Đính kèm)  2. Yêu cầu:   * Học sinh ghi chép cẩn thận Phụ lục 1 vào vở bài học. * Trong quá trình đọc và ghi chép, nếu thắc mắc học sinh điền vào Phiếu tổng hợp thắc mắc (Phụ lục 2 – Đính kèm) và sớm liên hệ với   giáo viên để được kịp thời giải đáp |
| **Hoạt động 2**: ***Kiểm***  ***tra, đánh giá quá trình tự học.*** | - Hoàn thành Phiếu học tập (Phụ lục 3 – Đính kèm), chụp và nộp lại theo yêu cầu của giáo viên. |

**PHỤ LỤC 1**

Period 17

UNIT 2: YOUR BODY AND YOU

Part 6: WRITING SKILL

1. Class organization

Check attendance: 10A3 & 10A15

1. New Lesson

Activity 1:

*Aim:* Students brainstorm and produce a list of the foods that may give them allergies, bad breath, stress, sleeplessness and sleepiness.

* Students build a list as instructed.

Activity 2

*Aim:* To provide students with input for their practice and production later on.

- Students to quickly read the facts about the foods provided. Students can use a dictionary

Activity 3

*Aim:* To build students’ ability in writing a request letter following the given model.

* Students read the letters from readers and analyze the problem and the writing styles.
* Students write a similar request-or-help letter.

Activity 4

*Aim:* To build up students’ ability in free letter writing by replying to “request-for-help” letters.

* Students study the reply to Scott’s letter.
* Students choose one request from those provided or from those they produced in the previous activity to write a reply using the model.

Period 18

UNIT 2: YOUR BODY AND YOU

Part 7: COMMUNICATION AND CULTURE

1. Class organization

Check attendance: 10A3 & 10A15

1. New Lesson

Lead-in: Inform the class of the lesson objectives: further skill development.

Communication:

Activity 1:

*Aim:* Students have more chances to practice speaking.

* Students look at the pictures and link them with the previous parts of the unit. To give students more freedom, allow them to choose other pictures of the same theme not provided in the section to exploit other speaking possibilities.
* Students to talk about how the activity benefits the parts of the body.

Activity 2:

*Aim:* To further develop students’ speaking or writing ability.

- Students choose a system of the body and make a list of the activities that are good for it.

- Students to report to the class giving reasons for their choices. Then students to write a short text describing their choices.

Culture

Activity 1

*Aim:* To provide some information about how traditional healthcare practices (and beliefs) vary in different countries.

* Students to read about health practices and beliefs in the two countries and note the similarities and differences.

Activity 2

*Aim:* To allow students to further develop their speaking ability.

* Students to use the information from their reading homework for this activity.

Students to talk about their chosen traditional therapy. Details may include what the underlying idea/ belief is, how the practice is performed, what the benefits are, who is suitable for, etc.

Period 19

UNIT 2: YOUR BODY AND YOU

Part 8: LOOKING BACK

1. Aims and requirements

By the end of this unit, Ss can:

* Use words and phrases to talk about the human body, lifestyles and healthcare.
* Pronounce the consonant clusters of /pr/, /pl/, /gl/, /gr/ properly.
* Use will and be going to to talk about intentions, plans, predictions and willingness.
* Use the passive voice for description and report.
* Read about an alternative treatment in medical care for main idea and specific information.
* Talk about how to get rid of bad habits.
* Listen for specific information on how to choose a healthy diet.
* Write to ask for and to provide advice on what to eat for special events.

1. New Lesson

Activity1: Students listen and repeat the sentences to consolidate their recognition and production of the learnt consonant clusters.

Activity 2: Students complete the sentences using words they learnt previously in the unit.

Key:

1. Brain 5. Respiratory (system)
2. Lung/heart 6. Stomach
3. Digestive 7. Nervous
4. Skeletal

Activity 3: Grammar: Students underline the part in italics that is appropriate in the following sentences

Key

1. Will become
2. Are broken down and converted
3. Is going
4. Are stimulated
5. Is used
6. Won’t go away
7. Are supported by
8. Is going to rain

# PHỤ LỤC 2

**PHIẾU TỔNG HỢP CÂU HỎI – THẮC MẮC**

**CỦA HỌC SINH TRONG QUÁ TRÌNH TỰ HỌC – TUẦN 5**

Trường THPT Nguyễn Tất Thành Lớp: 10A…

Họ tên học sinh:…………………………………………Stt:……………

|  |  |  |
| --- | --- | --- |
| **Bài** | **Nội dung học tập** | **Câu hỏi của học sinh** |
| 7 | Mục: …. Phần: …. | 1.  2.  3. |
| 8 |  |  |
| 9 |  |  |

**PHỤ LỤC 3**

**PHIẾU HỌC TẬP**

**I. PHONETICS:**

**A. Choose the word whose underlined part is pronounced differently from that of the other three:**

|  |  |  |  |
| --- | --- | --- | --- |
| **1**. A.household | B.bone | C.oxygen | D.role |
| **2**. A.breath | B.bean | C.strength | D.meant |

**B. Choose the word which is stressed differently from that of the other three:**

|  |  |  |  |
| --- | --- | --- | --- |
| **3**. A.disease | B. nervous | C.balance | D. healthy |
| **4**. A.digestive | B. allergic | C. skeletal | D. intestine |

**II. READING:**

**A. Reading the passage and choose the best answer:**

**CALORIES**

All creatures needed to eat something in order to survive. Fortunately, different species of animals have different things that they eat as food. No matter what a creature eats, the food must have enough calories in it to maintain life. Calories, or the energy stored in the food, provide the fuel which animals, including humans, need in other words enough calories, will starve and die.

The term calorie has a scientific meaning. Calorie is a measure of an amount of energy just like pound is a measure of weight. A calorie is officially defined as the amount of energy it takes to raise the temperature of a gram of water by 1 degree Celsius, which is 1.8 degrees Fahrenheit. The term “ calorie” and “ Calorie” with a capital C have two different meaning to scientists. The term Calorie ( with a capital C ) means one kilocalorie, the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius. A kilogram is the same as 1,000 grams and a kilocalorie is 1,000 calories. Food calories are always measured as Calories but average people don’t care much about the difference and just use the word calories.

Food is composed of proteins, fats and carbohydrates. Nutritionists know that a gram of protein contains 4 Calories, a gram of fat has 9 Calories, and a gram of carbohydrate has 4 Calories.

All food contain calories. When we eat something it provides energy for our bodies to use when we are active. We even need energy or calories while we are sleeping because, for example, our bodies are still breathing, our heart is pumping, and we continue to digest the food in our stomachs. If a person eats more food and more calories than is used up by activity, the body stores the excess calories in case it might need it later when food might not be available. So a person gains weight due to the extra food and calories. Similarity, if a person consumes fewer calories than are used every day over several weeks and is more active, that person will lose weight.

**5**. Calorie is a measure of \_\_\_\_\_\_\_\_\_\_\_\_\_\_

A. weight B. distance C. energy D. volume

**6**. Animals that do not consume enough calories over a long time \_\_\_\_\_\_\_\_\_\_\_\_

A. can lose weight B. can starve C. can maintain life D. can fight against starvation

**7**. Human use calories when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A. running B. studying C. sleeping D. A, B and C are correct

**8**. All the following statements are true **EXCEPT** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A. Eating foods that contains lots of fat cause a person to gain weight faster than eating protein

B. People normally pay less attention to the difference between “ calorie” and “ Calorie”

C. People who are more active, like playing sports or exercising, eat fewer calories

D. People still consume energy while they are sleeping.

**B. Reading the following passage and choose the word that best fits each space:**

Creative therapy is now regarded (**9**)\_\_\_\_\_ a worthy alternative to the more conventional forms of treatment such as psychoanalysis. Art, music and dance are some of the forms of therapy now (**10**) \_\_\_\_\_.These therapies are thought to be effective in (**11**) \_\_\_\_\_\_\_stress, depression and even emotional problems caused by tensions in relationships. Art therapy involving painting, sculpture and modeling as a means of expressing one’s hidden feelings. The good news is that no particular talent is needed; once you have completed your “work of art”, (**12**) \_\_\_\_\_is the opportunity to talk it through with a therapist.

|  |  |  |  |
| --- | --- | --- | --- |
| **9**. A. as | B. like | C. by | D. to |
| **10**.A. visible | B. handy | C. available | D. ready |
| **11**.A. rebalancing | B. relaxing | C. relocating | D. relieving |
| **12**.A. it | B. here | C. that | D. there |

**III. USE OF LANGUAGE:** **choose the best answer:**

**13**. I have been given 10 tricks to get rid of my bad habits and \_\_\_\_\_\_\_\_ them with healthy ones.

|  |  |  |  |
| --- | --- | --- | --- |
| A. replace | B.keep | C. nurture | D. raise |

**14**. The digestive system lets us break down the food we eat and turn it \_\_\_\_\_\_\_\_energy.

|  |  |  |  |
| --- | --- | --- | --- |
| A. on | B.after | C. of | D. into |

**15**. Be careful. The \_\_\_\_ of this medicine can be very dangerous.

A. price B. place C. date D. side effects

**16**. In the past, it was misunderstood that inner body parts were \_\_\_\_\_\_\_ by the fine needles in practicing acupuncture.

|  |  |  |  |
| --- | --- | --- | --- |
| A. touch | B.rush | C. touched | D. rushed |

**17**. The \_\_\_\_\_\_\_\_system controls the movement and emotion of our body.

|  |  |  |  |
| --- | --- | --- | --- |
| A. nerve | B.nervous | C. circulate | D. generous |

**18**. The heart and blood vessels are parts of the \_\_\_\_\_\_\_\_ system.

|  |  |  |  |
| --- | --- | --- | --- |
| A.certan | B.circle | C. circulatory | D. circumstance |

**19**. Only human produce \_\_\_\_\_\_\_\_tears

|  |  |  |  |
| --- | --- | --- | --- |
| A.emotional | B.crocodile | C. feel | D. false |

**20**. I \_\_\_\_ send Alex your letter when I see her tomorrow.

A. will B. are going to C. will have gone D. am going

# Phần 2: Trả lời

|  |  |  |  |
| --- | --- | --- | --- |
| 1 |  | 11 |  |
| 2 |  | 12 |  |
| 3 |  | 13 |  |
| 4 |  | 14 |  |
| 5 |  | 15 |  |
| 6 |  | 16 |  |
| 7 |  | 7 |  |
| 8 |  | 18 |  |
| 9 |  | 9 |  |
| 10 |  | 20 |  |