

GỢI Ý HƯỚNG DẪN HỌC SINH TỰ HỌC – TUẦN 12 (HKII)
MÔN TIẾNG ANH – KHỐI 11

NỘI DUNG	
Tên bài học/ chủ đề - Khối lớp	Unit 10: Healthy Lifestyle And Longevity <ul style="list-style-type: none">- Getting started- Language FocusReading
Hoạt động 1: <i>Đọc tài liệu và thực hiện các yêu cầu.</i>	<p>1. Tài liệu tham khảo:</p> <ul style="list-style-type: none">- Sách Tiếng anh 11 mới: <p>Unit 10: Healthy Lifestyle And Longevity</p> <ul style="list-style-type: none">- Getting started- Language Focus- Reading <p>Tóm tắt kiến thức cần ghi nhớ (Phụ lục 1 – Đính kèm)</p> <p>2. Yêu cầu:</p> <ul style="list-style-type: none">- Học sinh ghi chép cẩn thận Phụ lục 1 vào vở bài tập, cần đánh dấu, tô màu các công thức, các từ mà học sinh thấy khó ghi nhớ.- 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: <i>Kiểm tra, đánh giá quá trình tự học.</i>	<ul style="list-style-type: none">- Hoàn thành Phiếu học tập (Phụ lục 3 – Đính kèm), chụp và nộp lại theo yêu cầu của giáo viên.

PHỤ LỤC 1

UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

Part 1: Getting started

Activity 1: Kim is asking Mark about a TV health show she missed. Listen and read

Activity 2: Read the conversation again. Find the verbs that go with the following nouns

1. relieve
2. weaken
3. practice
4. increase

5. do
6. practice
7. take

Activity 3: Complete the following notes on Dr. Quan's four principles to stay healthy

1. relieving stress
2. we practice meditation
3. eating healthy food
4. developing heart diseases
5. exercising regularly
6. sports; yoga and t'ai chi
7. natural remedies; take prescription medicine

8. UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

9. Part 2: Language

10. Vocabulary:

11. Activity 1: Complete the sentences with the right forms of the following words and phrases

12. 1. cholesterol 2. nutrition
13. 3. natural remedies 4. immune system 5. ageing process 6. meditation
14. 7. life expectancy 8. boost

15.

16. Activity 2: Use a dictionary to check the meaning of the following adjectives formed with - free or anti-

17. 2. lifestyle that does not cause stress
18. 3. foods that do not contain cholesterol
19. 4. foods that are believed to prevent the appearance from getting older
20. 5. diet that prevents the formation of acne
21. 6. medicine that lowers cholesterol levels or prevents high cholesterol

22. 2. Pronunciation

23. Intonation: Invitations, suggestions, polite requests, uncertainty and surprise

24. Activity 1: Listen and repeat. Pay attention to the fall-rise intonation

25. 1. invitation/ suggestion
26. 2. surprise
27. 3. uncertainty
28. 4. polite request
29. 5. hesitation

30.

31. UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

32. Part 3: Reading

33. Activity 1: The machine described in the picture above help doctors to diagnose and treat diseases. Discuss with a partner.

34. MRI (Magnetic Resonance Imaging) scanners and X-ray machines take medical images of patients' internal body parts. MRI images provide a 3D representation of organs, which X-rays usually cannot.

Activity 2: Read an article about the main factors for the increased life expectancy. Four sentences have been removed from the article. Choose a sentence (a-d) to complete each gap (1-4)

1. c 2. b 3. d 4. a

PHỤ LỤC 2

PHIẾU TỔNG HỢP CÂU HỎI – THẮC MẮC CỦA HỌC SINH TRONG QUÁ TRÌNH TỰ HỌC – TUẦN 12

Trường THPT Nguyễn Tất Thành

Lớp: 12A...

Họ tên học sinh:.....Stt:.....

Bài	Nội dung học tập	Câu hỏi của học sinh
U10: Getting started		1. 2. 3.
Language focus		1. 2. 3.
Reading		1. 2. 3.

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. recognize B. medium C. Japanese D. seat
2. A. spontaneous B. official C. control D. work
- B. Choose the word which is stressed differently from that of the other three: 2 CÂU**
3. A. happiness B. rewrite C. eject D. oblige
4. A. compare B. compose C. company D. consist

II. READING:

A. Reading the passage and choose the best answer: 4 CÂU

Improved (5) ____ is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. (6) ____ if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to (7) ____ the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus (8) ____ back, shoulder, and neck pain.

5. A. flexibility B. shell C. union D. gratitude
6. A. As B. But C. Even D. On
7. A. weaken B. release C. increase D. reinforce
8. A. alleviating B. ceremony C. approaching D. creation

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

Acupuncture involves the insertion of very thin needles through the patient's skin at specific points on the body, and the needles are inserted to various depths. The medical community is not in conclusive agreement about how acupuncture works scientifically. However, we know that it does have some therapeutic benefits, including pain relief.

According to WHO, acupuncture is effective for treating 28 conditions, while evidence indicates it may have an effective therapeutic value for many more. People with tension, headaches or migraines may find acupuncture to be very effective in alleviating their symptoms. Another study found that twice weekly acupuncture treatments relieve debilitating symptoms of xerostomia - severe dry mouth - among patients treated with head and neck cancer.

Traditional Chinese medicine explains that health is the result of a harmonious balance of the complementary extremes of yin and yang of the life force known as chi or qi. Qi is said to flow through pathways in the human body. Through 350 acupuncture points in the body, these pathways and energy flows may be accessed. Illness is said to be the consequence of an imbalance of the forces. If needles are inserted into these points with appropriate combinations, it is said that the energy flow can be brought back into proper balance.

In Western societies and several other parts of the world, acupuncture is explained, including concepts of neuroscience. Acupuncture points are seen by Western practitioners as places where nerves, muscles and connective tissue can be stimulated. Acupuncture practitioners say that the stimulation increases blood flow while at the same time **triggering** the activity of our own body's natural painkillers.

9. The word “**triggering**” in paragraph 4 is closest in meaning to ____.

- A. making something happen suddenly B. making something develop very quickly
- C. causing a device to start operating D. causing something to explore

10. With the practice of acupuncture, it is believed that ____.

- A. patients can get proper balance between yin and yang
- B. illness causes the imbalance of qi throughout the body
- C. the energy flow can be brought back to patients
- D. energy can go through acupuncture points in the body

11. According to Western medicine, the insertion of needles through acupuncture points in the body may ____.

- A. help to explain where nerves and muscles can be stimulated
- B. increase blood flow and stimulate our instinct of pain relief
- C. stimulate the effect of painkillers in our bodies for treatment
- D. be used only in China and the Far East not the Western countries

12. In acupuncture, the insertion of the very thin needles involve with ____.

- A. agreement from scientists B. the locations, and the depths
- C. the thinness of needles and skin D. therapeutic benefits of pain relief

III. USE OF LANGUAGE: choose the best answer: 28 CÂU

13. She's going to the photographer's ____.

- A. that her photograph be taken B. to have her photograph taking
- C. to have her photograph taken D. to have taken her photograph

14. The director has promised that ____ finds a solution to this particular problem will be well awarded.

- A. who B. the one C. whoever D. anyone

15. If you're tired, even if you feel that you need to get more done, give yourself ____ to sleep.

- A. request B. requirement C. permission D. permit

16. Bahrain's ____ closed up 10.09 points today at 2160.09.

A. stockbroker B. stock index C. stock exchange D. stock option

17. The student failed to meet the necessary ____ for admission to the course.

A. fulfillments B. qualities C. aptitudes D. requirements

18. ____ cholesterol is a byproduct of the fat that are found in animal-based foods like eggs, dairy products and meat.

A. Diet B. Dietary C. Meal D. Food

19. After ____, people feel more refreshed and alert.

A. meditation B. attention C. determination D. prescription

20. Living to an average of 83 years old, Japan is the nation with the highest ____ in the world.

A. lifetime B. lifework C. life force D. life expectancy

Phần 2: Trả lời

1		11	
2		12	
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THE END