

GỢI Ý HƯỚNG DẪN HỌC SINH TỰ HỌC – TUẦN 13 (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">- Speaking- ListeningWriting
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">- Speaking- Listening- Writing <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 4: Speaking

Take care of your body

Activity 1: Below is a set of note cards for a talk about skincare. Use the words and phrases in the box to complete them

Suggested answers:

B1: wear protective clothing - avoid sunburn

wear sunscreen with a sun protection factor (SPF) of at least 15

*B2: eat a wide variety of fruit and vegetables – provide vitamins and nutrients
drink a lot of water – prevent water loss*

*B3: wash your face twice a day with warm water and mild soap – remove dirt
Don't squeeze pimples – can lead to swelling, redness and infection*

Activity 2: Work in pairs. Use the note cards to talk about skincare, paying attention to the following

UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

Part 5: Listening

Exercise precautions

Task 1: Discuss with a partner

***Suggested answers:**

- a. fitness walking*
- b. aerobic exercise*
- c. yoga*
- d. swimming*

Task 2: Look at the picture. Listen to John Keith, a fitness instructor, talking about four types of physical activity. Number the pictures as you listen.

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

Task 3: Listen again. Which safety rules are mentioned for each type of physical activity? Tick the correct boxes.

Aerobic exercise: 1,2

Yoga: 3,5

Swimming: 1,3,4

Fitness walking: 2,6,7

UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

Part 6: Writing

Lifestyle changes

Task 1: Read a story posted on Medline, a website about fitness. Complete the story, using the correct forms of the words in the box

- | | |
|-------------|---------------|
| 1. appetite | 2. overweight |
| 3. weight | 4. fainted |
| 5. dieting | 6. supported |

Task 2: Read the story again and answer the questions

- 1. Because as a child he used to eat a lot of fast food.*
- 2. After he received hundreds of rejections and couldn't get a job.*
- 3. Fasting was his first kind of diet. He was unsuccessful and was taken to hospital*
- 4. For over a year, he had to follow a special diet and joined a fitness class for overweight people.*
- 5. Overweight people are not lazy and can work effectively like other people, so they should not be treated unfairly. However, their health can be affected, so they should follow doctors' advice to lose weight.*

Task 3: Use the information below to write a similar story.

PHỤ LỤC 2

PHIẾU TỔNG HỢP CÂU HỎI – THẮC MẮC

CỦA HỌC SINH TRONG QUÁ TRÌNH TỰ HỌC – TUẦN 13

Trường THPT Nguyễn Tất Thành

Lớp: 12A...

Họ tên học sinh:.....Stt:.....

Bài	Nội dung học tập	Câu hỏi của học sinh
U10: Speaking		1. 2. 3.
Listening		1. 2. 3.
Writing		1. 2. 3.

PHỤ LỤC 3 PHIẾU HỌC TẬP

USE OF LANGUAGE: choose the best answer:

- Make sure the ____ for your glasses or contact lens is up-to-date and adequate for computer use.
A. medicine B. prescription C. size D. introduction
- By cutting down trees we ____ the natural habitat of birds and animals.
A. hurt B. harm C. damage D. injure
- The doctor has advised ____ less coffee.
A. me drink B. I will drink C. me drinking D. me to drink
- The High Street is so narrow that the council have decided to ____ it.
A. extend B. widen C. increase D. lengthen
- True Blood is my favourite TV series, _____ I don't have much time to watch it often.
A. although B. before C. if D. yet
- Wasn't it you yourself _____?
A. to have opened the door B. to have left the door open
C. who left the door open D. that should have left the door open
- I _____ Tom with me if I had known you and he didn't get along well with each other.
A. won't bring B. wouldn't have brought C. didn't bring D. hadn't brought
- In 1837 the University of Michigan became the first state university _____ by a board of regents elected by the voters of the state.
A. being controlled B. it was controlled C. to be controlled D. under the control
- If my aunt had not fallen down yesterday, _____.
A. her legs would not be hurting now B. she can walk normally now
C. she does not have to go on crutches now D. she would not have been painful now
- After I _____ at the bus terminus, I found a crowd of schoolboys.
A. had arrived B. arrived C. have arrived D. had been arriving
- When I'm on holiday, I enjoy ____.

A. getting sunburnt B. getting sunstroke C. having a sunbath D. sunbathing

12. Despite their normal cylindrical form, some of the documents _____ on silk that were found at Mawangdui, an archaeological site in southeastern China, were folded into rectangles.

A. wrote B. written C. were written D. be written

12. If Nam had passed the GCSE examination, he _____ to take the entrance examination to the university.

A. would have been allowed B. would have allowed

C. will have allowed D. would allow

13. I _____ the garden. No sooner had I finished watering it than it came down in torrents.

A. shouldn't have watered B. mustn't have watered

C. can't have watered D. needn't have watered

14. "We gave them the money yesterday, but we haven't received a receipt yet, _____?" she asked her husband.

A. didn't we B. have we C. did we D. haven't we

15. _____, I would give a party.

A. Should she come next month B. If she come next month

C. She were to come next month D. If she came here now

16. Tom said that he _____ his motorbike the day before.

A. had lost B. lost C. has lost D. lose

17. By tomorrow morning everything _____ set up in time for the performance.

A. will have been B. will be C. had already been D. have already been

18. Let me explain everything to you, _____?

A. shall we B. will you C. will we D. do you

19. **Nam:** What do you personally do to keep fit? - **Lan:** _____

A. I think keeping fit is necessary for everyone.

B. As far as I know, more and more people exercise to keep fit.

C. Fitness centres are mushrooming.

D. I just do morning exercise and maintain a balanced diet.

20. 'I'll buy you a new bicycle if you stop eating junk food,' said Lam's mother.

A. Lam's mother promised to buy him a new bicycle if he stopped eating junk food.

B. Lam's mother promises to buy him a new bicycle if he stops eating junk food.

C. Lam's mother will promise to buy him a new bicycle if he stops eating junk food.

D. Lam's mother had promised to buy him a new bicycle if he stopped eating junk food.

Phần 2: Trả lời

1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	

10		20	
----	--	----	--

THE END