

Week 5- Date: 17/08/2026

I. Match the problems with the advice

1. He has a sore throat.		a. You should wear a hat.
2. Jack is tired.		b. She shouldn't eat seafood.
3. He loves computer games.		c. She should eat less junk food.
4. The boy has a toothache.		d. He should have a rest.
5. I get sunburn.		e. He shouldn't eat many sweets.
6. She has some spots on the face.		f. He should limit the time.
7. She puts on weight.		g. He shouldn't drink cold water.
8. Jane has an allergy.		h. She should keep her face clean.

II. Put the words in the correct column

**dizzy, cough, headache, sick, stomachache, flu, weak, sore throat, fever,
tired, spots, backache, temperature, cold**

[illegible]

Week 5- Date: 18/08/2026**Write the correct form of the word given**

1. My father decided to quit many times but he wasn't successful. **SMOKE**
2. Some young people have a bad habit of in public places. **LITTER**
3. If you want to have a good, you should do exercise regularly. **HEALTHY**
4. The in my village drink fish sauce before they get down to the sea. **FISH**
5. The more you laugh, the you are. **HAPPY**
6. Please wash these clothes immediately. They are so**DIRT**
7. People in this area have a problem with**OBESE**
8. I hate winter because I like climate. **WARMTH**

Week 5- Date: 19/08/2026**Choose the best answer**

1. Does your father like photos?
A. doing B. making C taking D. having
2. The children love being with the trees and flowers.
A. indoors B. outdoors C. inside D. outside
3. My father a lot of fish from the river this afternoon.
A. has B. brings C. carries D. catches
4. Nick prefers making models to wood.
A. carving B. using C. cutting D. doing
5. What do they about making pottery?
A. have B. worry C. think D. take
6. My daughter is She can make new things easily.
A. creative B. careful C. serious D. happy
7. The man up this hobby when he returned to his country.
A. added B. had C. took D. saw
8. We the rubbish and put it into the bin over there.
A. get B. collect C. use D. provide
9. Carved eggshells can be as gifts for your family and friends.
A. taken B. bought C. sold D. used
10. My mum does exercise every day to fit.
A. keep B. do C. take D. turn

Week 5- Date: 20/08/2026

Complete each of the following sentences using the cues given. You can change the cues and use other words in addition to the cues to complete the sentences.

1. I/ usually/ put/ wet towel/ forehead/ when/ have/ fever.

→

2. You/ should/ cycle/ or/ go/ jog/ at least/ 30/ minute/ a day/ keep fit.

→

3. Molly/ feel/ tired/ today/ because/ couldn't/ sleep/ last night.

→

4. Vitamins/ be/ essential/ our/ health.

→

5. Give up/ smoke/ right now/ protect/ your/ lungs.

→

Week 5- Date: 21/08/2026

Read the following passage about the importance of water, then choose the best answer to each of the following questions.

THE IMPORTANCE OF WATER

Some doctors think that you should drink a glass of water each morning. You should drink this water before doing anything else. The temperature of the water should be similar to body temperature, neither too hot nor too cold.

Why should you drink this water? It helps clean out your kidneys. It prepares your stomach for digestion. Water can also help your intestines work better. After drinking water, the intestines can more easily take out nutrients from our food.

Scientists suggest that people take in 1,600 milliliters of water each day. But don't drink all of that water in one sitting. It's better to drink some in the morning and some in the afternoon. Some people think it's better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs.

Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water.

(Reading Challenge 1)

1. What could be another title for this reading?

- A. "Drink Water, Not Soft Drinks" B. "Drink During Meals"
C. "Drink Between Meals" D. "Drink Enough Water"
2. Why is it helpful to drink water in the morning?
A. Your kidneys will work harder. B. Your intestines will work well
C. Your juices will be diluted. D. Your urine will be pale yellow.
3. Which of the following is NOT a reason to drink water?
A. To enable your intestines work well B. To get more nutrients
C. To clean out your kidneys D. To dilute your stomach juices
4. Why is it better to drink between meals?
A. You eat enough food. B. You don't dilute stomach juices.
C. Your urine will not smell bad. D. You don't overwork your kidneys.
5. Why is dark-colored urine a sign to drink more water?
A. It shows our body is healthy. B. It means our kidneys are working too hard.
C. Less water makes the color darker. D. It is the same color as our digestive juices.

Week 5- Date: 22/08/2026**Read the passage and decide whether the statements are True (T) or False (F)**

Mental health refers to a person's emotional, social, and psychological well-being. Mental health is as important as physical health to a full, active lifestyle. It is harder to define mental health than physical health, because, in many cases, diagnosis depends on the individual's perception of their experience.

With improvements in testing, however, some signs of some types of mental illness are now becoming "visible" in CT scans and genetic testing. Mental health is not only the absence of depression, anxiety, or another disorder. It also depends on the ability to enjoy life, bounce back after difficult experiences, achieve balance...etc.

Physical and mental health are linked. If chronic illness affects a person's ability to complete their regular tasks, this may lead to depression and stress, for example, due to money problems. A mental illness such as depression or anorexia nervosa can affect body weight and function. It is Important to approach "health" as a whole, rather than its different types.

1. Mental health is even more important than physical health.



2. Diagnosis of mental health depends on perception of experience. ☐
3. Mental illness is so complex that genetic testing cannot identify its signs. ☐
4. Uncompleted regular tasks may lead to depression and stress. ☐
5. People shouldn't approach health by understanding its different types. ☐

Week 6- Date: 24/08/2026

Find the word which has different sound in the underlined part.

- | | | | |
|------------------------|----------------------|----------------------|--------------------|
| 1. A. <u>near</u> | B. <u>learn</u> | C. <u>dear</u> | D. <u>clear</u> |
| 2. A. <u>knocked</u> | B. <u>needed</u> | C. <u>founded</u> | D. <u>wanted</u> |
| 3. A. <u>volunteer</u> | B. <u>collage</u> | C. <u>community</u> | D. <u>doctor</u> |
| 4. A. <u>provide</u> | B. <u>individual</u> | C. <u>situation</u> | D. <u>children</u> |
| 5. A. <u>tutor</u> | B. <u>student</u> | C. <u>university</u> | D. <u>discuss</u> |
| 6. A. <u>cough</u> | B. <u>laugh</u> | C. <u>enough</u> | D. <u>high</u> |
| 7. A. <u>collect</u> | B. <u>clean</u> | C. <u>city</u> | D. <u>cracker</u> |
| 8. A. <u>blanket</u> | B. <u>donate</u> | C. <u>calorie</u> | D. <u>allergy</u> |

Week 6- Date: 25/08/2026

Match one verb in column A with words in column B to make meaningful expressions, writing the answer in each blank.

Answer	A	B
_____	1. fix	a. a bike
_____	2. tidy	b. in a form
_____	3. care	c. meals
_____	4. fill	d. funds
_____	5. raise	e. a room
_____	6. plant	f. part in sports
_____	7. cook	g. for old people
_____	8. take	h. flowers

Week 6- Date: 26/08/2026

Complete the following letter, using the words in the box.

<i>save</i>	<i>letter</i>	<i>do</i>	<i>plant</i>	<i>earn</i>
<i>keep</i>	<i>collect</i>	<i>participate</i>	<i>plans</i>	<i>hear</i>

Dear Linh,

Thank you for your (1)_____. I'm happy to (2)_____ you've just won the race. I'm going to (3)_____ in our school program this month. "Be a Buddy" is having some new (4)_____ to help the community. All the members have to (5)_____ glass, waste paper and empty cans and send them for recycling. We do this to help (6)_____ natural resources and (7)_____ some money for the organization. We also (8)_____ some frees and flowers along the sidewalks near our school. We (9)_____ the streets clean by collecting and emptying all the garbage. We have a lot of things to (10)_____, but they are really interesting, aren't they?

Write to me soon and tell me all your news.

Love

Your friend

Nga

Week 6- Date: 27/08/2026

I. Choose the correct answer A, B, C or D to fill each blank in the following passage.

Mr. Brown and some (1)_____ are on a very dirty beach now. Today they are ready to (2)_____ the beach a clean and beautiful place again. After listening to Mr. Brown's instructions, they are divided into three groups. Group 1 needs to walk along the beach. Group 2 should check the sand, (3)_____ group 3 has to check among the rocks. Garbage must be put into plastic bags, and the bags will be collected by Mr. Brown. He will take the bags to the garbage (4)_____. They all are (5)_____ to work hard to refresh this area.

- | | | | |
|-----------------|----------------|-----------------|--------------|
| 1. A. voluntary | B. volunteers | C. volunteering | D. volunteer |
| 2. A. make | B. get | C. do | D. change |
| 3. A. so | B. but | C. although | D. and |
| 4. A. dump | B. yard | C. area | D. place |
| 5. A. exciting | B. interesting | C. eager | D. bored |

Week 6- Date: 28/08/2026

Put the verbs in brackets in the correct verb tense: *Past Simple*.

1. My uncle (move)_____ to Da Lat in 2005.
2. We (spend)_____ our summer vacation in Ha Long Bay last July.
3. The postman (deliver)_____ the letter half an hour ago.
4. I (hear)_____ the good news from Mary a few minutes ago.

Week 6 - Date: 29/08/2026

Fill in the blanks with the correct words or phrases matching with the verbs. Maybe some verbs can be used more than once.

<i>elderly people</i>	<i>books</i>	<i>fresh water</i>	<i>school yard</i>
<i>old clothes</i>	<i>blood</i>	<i>homeless people</i>	<i>English lessons</i>
<i>neighbourhood</i>	<i>food</i>	<i>notebooks</i>	<i>opportunities</i>
<i>money</i>	<i>street children</i>	<i>local people</i>	<i>Internet</i>
<i>streets</i>	<i>evening classes</i>	<i>dirty tables</i>	<i>poor children</i>

1. **clean:**

2. **donate:**

3. **help:**

4. **provide:**
