

TIẾNG ANH 10

GIÁO VIÊN: NGUYỄN NGỌC ANH

UNIT 2: YOUR BODY AND YOU: READING

ĐĂNG KÍ CHƯƠNG TRÌNH HỌC TRỰC TUYẾN TẠI VINASTUDY.VN OUA 0932.39.39.56

Ex 1: Read the article and write the names of the treatments.

Consider the choices ...

Conventional medicine: The beginning of conventional medicine can be traced back to the fifth century B.C. in ancient Greece. It is based on the scientific study of the human body and illness. In the last century, there has been great progress in what doctors have been able to do with modern surgery and new medications. These scientific advances have made conventional medicine the method many people choose first when they need medical treatment.

Homeopathy: Homeopathy was founded in the late eighteenth century in Germany. It is a low-cost system of natural medicine used by hundreds of millions of people worldwide. In homeopathy, a patient's symptoms are treated with remedies that cause similar symptoms.

Herbal therapy: Herbal medicine, often taken as teas or pills, has been practised for thousands of years in almost all cultures around the world. In fact, many conventional medicines were discovered by scientists studying traditional uses of herbs for medical purposes. The World Health Organization claims that 80% of the world's population uses some forms of herbal therapy for their regular health care.

Acupuncture: Acupuncture originated in China over 5,000 years ago. Today, it is used worldwide for a variety of problems. Acupuncture needles are inserted at certain points on the body to relieve pain and/or restore health. Many believe acupuncture may be effective in helping people stop smoking as well.

Spiritual healing: Also known as faith healing, or "mind and body connection", various forms of spiritual healing exist around the world. This is a form of healing that uses the mind or religious faith to treat illness. A number of conventional doctors say that when they have not been able to help a patient, spiritual healing just may work.

1. When modern medicine and surgeries are unsuccessful, a person might try one of these treatments.
2. A person who is afraid of needles would not want this treatment.
3. A person who needs surgery would want this treatment.
4. A person who feels strongly that there is a mind and a body connection would choose this treatment.
5. A lot of conventional medicines are based on the study of this treatment.
6. A person who is using a remedy that can actually cause the symptoms the person suffers from is using this treatment.

Ex 2: Read the passage carefully, and do the task that follows.

Junk Food's Effect On Our Body

Fast food nutrition should make up a minimal part of a healthy diet. Fast foods and junk foods are high in fat, sodium and sugar, which can lead to obesity and a range of health problems, including diabetes, heart disease and arthritis.

Junk food doesn't contain the nutrients that your body needs to stay healthy. As a result, you may feel fatigued and lack the energy you need to complete daily tasks. The high levels of sugar in junk food puts your metabolism under stress. Because fast food and junk food don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling annoyed, tired and craving sugar.

Junk food contains large amounts of fat, and because fat accumulates in your body, you'll gain weight and could become obese. The more weight you gain, the more you'll be at risk for serious illnesses. The high levels of fat and sodium in junk food can cause high blood pressure or hypertension.

In the short term, high levels of dietary fat lead to poor mental performance. You'll feel tired and have trouble concentrating because your body might not be getting enough oxygen.

The high levels of fat and sodium in junk food and fast food can contribute to heart disease by raising blood cholesterol levels and contributing to arterial plaque build-up. The high levels of fatty acids found in many junk foods and fast foods can lead to fatty liver deposits, which, over time, can cause liver disease.

Read the passage, and choose the correct answer A, B, C or D for each question.

- The amount of sugar in fast food is _____.
 - providing you with enough energy to complete daily tasks
 - so high that it puts your body under stress
 - leading to obesity and a range of health problems
 - so low that you want to eat much more sugar
- The main reason that we shouldn't eat much fast food is that _____.
 - it should make up a minimal part of a healthy diet
 - it contains too much protein and carbohydrate
 - it has high levels of sugar
 - it doesn't contain the nutrients that keep our body healthy
- Fast food contains the following items EXCEPT _____.
 - high blood cholesterol levels
 - high levels of fat and sodium
 - high levels of sugar
 - high levels of fatty acids
- Fast food is not good for our heart because _____.
 - it can lead to fatty liver deposits
 - it may raise blood cholesterol levels and cause high blood pressure
 - it can cause liver disease which can lead to heart disease
 - it makes you feel tired and have trouble concentrating
- Large amounts of fat in fast food are harmful because _____.
 - your blood sugar levels will drop suddenly after eating, leaving you feeling annoyed, tired
 - they contain too many nutrients that your body needs to stay healthy
 - you are at risk for serious illnesses and you have poor mental performance
 - they only make up a minimal part of a healthy diet

Ex 3: Read the passage, and choose the correct answer A, B, C or D for each question.

Teenagers and Sleep

Sleep is food for the brain. During sleep, important body functions and brain activity occur. Skipping sleep can be harmful, even deadly, particularly if you are behind the wheel. You can look bad, you may feel moody, and you perform poorly. Sleepiness can make it hard to get along with your family and friends and hurt your scores on school exams. Sleepiness can lead to aggressive or inappropriate behavior such as yelling at your friends or being impatient with your teachers or family members.

Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a teenager.

Teenagers need about 8 to 10 hours of sleep each night to function best. Most teens do not get enough sleep: one study found that only 15% reported sleeping 8 hours and a half on school nights. Not getting enough sleep or having sleep difficulties can limit your ability to learn, listen, concentrate and solve problems.

Teens tend to have irregular sleep patterns across the week - they typically stay up late and sleep in late on the weekends, which can affect their biological clocks and hurt the quality of their sleep.

Consuming caffeine close to bedtime can hurt your sleep, so avoid coffee, tea, soda and chocolate late in the day, and you can get to sleep at night. Nicotine and alcohol will also interfere with your sleep.

A consistent sleep schedule will help you feel less tired since it allows your body to get in synchronization with its natural patterns. You will find that it's easier to fall asleep at bedtime with this type of routine.

- Sleepiness is harmful because _____.
 - our scores at school may be low and the relationship with others becomes worse

- B.** important body functions and brain activity occur during sleep
C. you can look bad behind the wheel
D. can lead to appropriate behaviors or being patient with your teachers or family members
2. In order to function best, teenagers need _____.
- A.** at least 10 hours of sleep each night **B.** over about 10 hours of sleep night
C. about 8 to 10 hours of sleep each night **D.** 8 hours and a half on school nights
3. All of the following are bad sleeping habits EXCEPT _____.
- A.** having coffee or tea close to bedtime **B.** staying up very late on the weekends
C. having nicotine and alcohol **D.** having the same sleep pattern
4. A consistent sleep schedule is very important because _____.
- A.** it will helps you feel less tired during daytime
B. you have less difficulty in falling asleep at bedtime
C. nicotine and alcohol will not interfere with your sleep
D. it is easier for you to fall asleep at any time
5. The word “consistent” in the last paragraph is closest in meaning to _____.
- A.** not changing **B.** agreeing **C.** similar **D.** changeable