BÀI GIẢNG: LANGUAGE
UNIT 1: A LONG AND HEALTHY LIFE
MÔN TIẾNG ANH - SGK GLOBAL SUCCESS – LỚP 11
GIÁO VIÊN: NGUYỄN THỊ NGỌC ANH

MỤC TIÊU

- ✓ *Pronunciation: Strong and weak forms of auxilary verbs*
- ✓ *Vocabulary: Health and Fitness*
- ✓ *Grammar: Past simple vs Present Perfect*

PRONUNCIATION

Strong and weak forms of auxilary verbs

- Auxiliary verbs at the beginning of Yes/No questions do not receive stress and are pronounced in their weak forms.

- At the end of short answers, they often receive stress and are pronounced in their strong forms.

Task 1. Listen and read. Pay attention to the strong and weak forms of the auxiliary verbs. Then practice saying them

Weak forms	Strong forms	Weak forms	Strong forms
Do you …? /də/	I do /du/	Could we …? /kəd/	We could. /kʊd/
Does she …? /dəz/	She does /dʌz/	Were they …? /wə/	They were. /wɜ:/
Can I …? /kən/	You can /kæn/	Has he …? /həz/	He has. /hæz/

Mark: Have you started working out again?

/həv/

Nam: Yes, I have.

/hæv/

Mark: Was it your grandfather who taught you?

/wəz/

Nam: Yes, it was.

/wɒz/

Task 2. Work in pairs. Read these sentences out loud. Pay attention to the strong and week forms of the auxilary verbs. Then listen and check

1. Does she exercise? - Yes, she does.
2. Were you eating healthily? - Yes, I was.
3. Do you eat vegetables? - Yes, I do.
4. Can he get up early? - Yes, he can.

VOCABULARY

Health and Fitness

Task 1. Match each word (1-5) with its meaning (a-e)

1. treatment (n)	a. pieces of flesh in our body that allow the movement of our arms, legs, etc.
2. strength (n)	b. something that helps to cure an illness or injury
3. muscles (n)	c. the quality of being physically strong
4. suffer (from) (v)	d. to have a health problem
5. example (v)	d. to look at someone's body carefully to find out if there is a health problem

Gợi ý: 1. energy 2. habitats 3. regular 4. balanced

Task 2. Complete the following sentences using the correct forms of the words in 1

1 .The doctor_____her carefully, but could not find anything wrong.

2. He is receiving_____for his health problem.

3. Regular exercise can help you improve your muscle _____.

4. To build your_____, you can try lifting weights.

5. Nam can't sleep well. He is_____stress.

Gợi ý:

1. examined 2. treatment 3. strength
4. muscles 5. suffering from

GRAMMAR

Past simple vs. Present perfect

We use the past simple to describe:	We use the present perfect to describe:
- something that started and finished in the past. Example: You **did** a great job yesterday.	- something that started in the past, and is still happening now (often used with *since*, *for*, *so far*). Example: You **have done** a great job so far.
- something that was completed in the past (often used with a time phrase). Example: We **lived** in Ha Noi when I was little. Now we live in Hai Phong.	- something that was completed in the very recent past (often used with *just* or *recently*). Example: We **have** just **moved** to Hai Phong.

Task 1. Put the verbs in brackets in either the past simple or the present perfect

1. He (see) _____the doctor yesterday.
2. She (suffer)_____from a serious headache, but after treatment, she felt better.
3. Our living conditions (improve)_____ over the last few decades. Now people live much better.
4. The doctor (just, examine)_____her. Fortunately, the treatment is working.

Gợi ý:

1. saw 2. suffered 3. have been improved 4. has just examined

Task 2. Work in pairs. Talk about what you do to keep fit and healthy. Use the past simple and the present perfect

Gợi ý:

I have exercised regularly for a year. I went swimming last weekend.

I went to the gym and did weigh-lifting yesterday. I wanted to build up my muscles and increase my strength.

The last time I had a medical treatment was 2 weeks ago.

PRONUNCIATION PRACTICE

(Học sinh vào video bài giảng để sử dụng tính năng luyện phát âm)

1. examine /ɪgˈzæmɪn/ (v) khám, kiểm tra
2. fortunately /ˈfɔːtʃənətli/ (adv) may mắn thay, may mắn là
3. headache /ˈhedeɪk/ (n) đau đầu
4. health /helθ/ (n) sức khỏe
5. strength /streŋkθ/ (n) sức mạnh