Easy eye examinations: An English to Vietnamese translation

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Pacific University

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Abstract
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EASY EYE EXAMINATIONS:
AN ENGLISH TO VIETNAMESE TRANSLATION

by

WINNIE UYEN NGUYEN
KIM THANH NGUYEN

A thesis submitted to the faculty of the
College of Optometry
Pacific University
Forest Grove, Oregon
for the degree of
Doctor of Optometry
November 2002

Advisor:
Dr. Janet Leasher, O.D.
Signatures

Winnie Uyen Nguyen

Kim Thanh Nguyen

Dr. Janet Leasher
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Winnie Uyen Nguyen was born in Indonesia, where her parents were staying in a refugee camp awaiting their chance to immigrate into the United States. She has called the Portland, Oregon area her home since the age of one. She attended Oregon State University, graduating in 1999 with a Bachelor of Science degree in biological science. She is currently attending Pacific University College of Optometry, graduating in May 2003. Her goal is to practice in the Portland area.

Kim Nguyen attended University of California, Davis for her undergraduate studies and graduated with a Bachelor of Sciences degree in Biological Sciences June of 1998. She is currently attending Pacific University College of Optometry and will graduate in May 2003. After graduation, she wishes to practice in California.
Abstract

The purpose of this paper is not only to provide a resource for optometrists and others in communicating with Vietnamese-speaking patients; it is also to provide a basic background about the Vietnamese culture, and especially to educate people of how to treat these patients in a way that is not considered rude and inconsiderate. This booklet has been separated into sections depending on the type of procedure to be performed. The English phrases are on the left. The Vietnamese translation is on the right. The sections are roughly organized similar to a typical examination. Accompanying this manual is a compact disc. It includes all of the words and phrases covered in this manual, but spoken out loud so the user can get a better feel for how the language sounds.
Acknowledgements

Both authors would like to convey gracious thanks to a few people who, without their help, this project would not have turned out the way it did. Thank you to Quan Nguyen, Minh Nguyen, and Hoa Nguyen. Without their knowledge of the Vietnamese language, we would have been lost. Thank you to Van Lieu, who provided the technical knowledge for the production of the compact discs. And thank you to Dr. Janet Leasher. All your encouragement and enthusiasm makes this project so much more meaningful.
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Introduction

What most Americans know about the country of Vietnam and its people, its culture, they have learned from news broadcasts and war movies. They see the country as undeveloped, full of rice paddies and vegetable fields. They see the people as strange and exotic. Some may even hold misconceptions of all Vietnamese people being evil, stemming from the control of the communist government in the country. The purpose of this booklet is not only to provide a resource for optometrists and others in communicating with Vietnamese-speaking patients; it is also to provide a basic background about the Vietnamese culture, and especially to educate people of how to treat these patients in a way that is not considered rude and inconsiderate.

Vietnam is a country located in Southeast Asia. It is long and narrow, with the eastern border being coastal. Much of the land consists of mountains and plateaus. The southern part is marshy and warm. The northern portion is cooler and drier. Many people of different descent cohabitate in Vietnam. The majority of the people are, of course, Vietnamese. Other ethnicities include Chinese and Laotians. People in Vietnam speak many languages including Vietnamese, Chinese, English, and French. The country is comprised of big, developed cities, tiny, rural towns, and everything in between. People may live in straw hatches or high-rise apartments.

Having been under the control of different countries in its history, the culture of Vietnam has incorporated aspects of many other cultures, especially those of China, France, and the United States, into its own. Its culture is also heavily influenced by the religions practiced in the country, including Buddhism, Confucianism, Taoism, and Catholicism.

In order to communicate appropriately with Vietnamese people, you must understand how they interact with each other. People greet by bowing to each other. Handshaking is gaining more acceptance, but more with men. Stick to bowing especially for the elderly. Eye contact is not generally practiced. It is
respectful to keep your head bowed or look away when speaking to someone older or of higher authority. This would include doctors, so do not be surprised if patients do not look directly at you. There is an exception, and that would be if you are a younger doctor. Younger doctors are considered to be incompetent, with little experience. Patients may be more willing to be seen by an older doctor because of this view.

Vietnamese people tend to be very family-oriented. Do not be surprised to see patients bringing family members with them to an examination. There may also be a spokesperson for the family that may come along, usually a male.

This introduction is not meant to be a thorough teaching of Vietnamese people. This is just some basic background to get practitioners started in getting to know their Vietnamese patients. Please also keep in mind that in this day and age, a lot of people, especially the younger generation, have adopted many American lifestyles, including their customs and ways of communication. So, Vietnamese patients may range anywhere from traditional to completely modernized to American ways. Be open to different methods of communication, and expect the unexpected.
How To Use This Booklet

This booklet has been separated into sections depending on the type of procedure to be performed. The English phrases are on the left. The Vietnamese translation is on the right. The sections are roughly organized similar to a typical examination.

With the Vietnamese language, there is no universal word for “you.” Deciding the right term to use may be difficult. Here are a few guidelines. If the patient is a child or a teenager, use “em.” Early adults to patients just older than you can be called “chú” (choo) for males, or “cô” (koe), for females. (“Chị,” sister, or “anh”, brother, may also be used but is more informal.) Patients ranging from older than you to elderly may be referred to as “bác.” Elderly patients are referred to as “ông” (ong) for males, and “bà” (ba) for females. Whenever you see “(title)” within the Vietnamese translation of this booklet, insert the appropriate term for “you.”

Words of the Vietnamese language are only one syllable long. Make sure you are pronouncing the words in just one syllable. Sometimes, terms will be made by stringing two words together.

The Vietnamese language is actually quite easy to learn to read. It is very phonetic, and has little, if any, exceptions to grammar rules. For the purpose of this booklet, we will only be going over pronunciation and reading.

The Vietnamese alphabet uses 22 out the 26 letters of the English alphabet. The letters not in the Vietnamese alphabet are f, j, w, and z. The vowels, a, e, i, o, and u may also have symbols on them that changes the letter into a separate, distinguishably different letter than without the accent. For example, ó and ò compared to the plain o. There are also five accents used in the Vietnamese language. These accents change the pitch or tone of the vowels. The accent, as in “á,” signifies that you should raise the pitch a little. The accent, as in “ả,” tells us to lower the pitch of our voice for this letter. This accent,
“ā”, tells us to raise our pitch, similar to the pitch we make at the end of a question. An accent similar in pitch to the last one is the “ā”. The last two accents sound more or less the same. For these accents, make it sound like a question. The last accent, like on this letter “ā”, tells us to lower the pitch in our voice, even more than the “ā”. It is more staccato, or blunt, of a sound.

Here is a basic listing of how the letters should sound:

a as in “dAd”
ā as in “fAther”
â as in “bUg”
b as in “bEd”
c as in “Cook”
d as in “Zoo”
d̃ as in “Dog”
e as in “fEd”
ē as in “sAY”
g as in “Good”
h as in “Hello”
i as in “fEE”
k as in “Cat”
l as in “Long”
m as in “Mom”
n as in “Not”
o as in “frOg”
ö as in “fOE”
d as in “dOUg”
p as in “Pet”
q as in “Queen”
r as in “Rain”
s as in “Safe”
t as in “Time”
u as in “mUg”
ū as in “gOOd”
v as in “Very”
x as in “waX”
y as in “mY”

Here are examples of how some common letter combinations should sound.

ch “CHerry”
gh “Ghini”
kh “Cake”
ng “WHere”, (this translation is not exact, but close.)
nh “Never”, (this sound is not exact, but close.)
ph “Ferry”
tr “TRain”

Accompanying this manual is a compact disc. It includes all of the words and phrases covered in this manual, but spoken out loud so the user can get a better feel for how the language sounds. Please use it as a guideline to further your learning of the Vietnamese language.
### Case History

<table>
<thead>
<tr>
<th>Question</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hello.</td>
<td>Chào (title).</td>
</tr>
<tr>
<td>My name is...</td>
<td>Tôi tên là...</td>
</tr>
<tr>
<td>What is your name?</td>
<td>Tên của (title) là gì?</td>
</tr>
<tr>
<td>Please sit down.</td>
<td>Xin ngồi xuống.</td>
</tr>
<tr>
<td>How old are you?</td>
<td>(Title) bao nhiêu tuổi?</td>
</tr>
<tr>
<td>What is your problem?</td>
<td>(Title) có chuyên gì?</td>
</tr>
<tr>
<td>For how long?</td>
<td>Bao lâu rồi?</td>
</tr>
<tr>
<td>When did it start?</td>
<td>Lúc nào bắt đầu?</td>
</tr>
<tr>
<td>Has it happened before?</td>
<td>Có xảy ra lần nào chưa?</td>
</tr>
<tr>
<td>Where is it located?</td>
<td>Ở đâu?</td>
</tr>
<tr>
<td>Any other problems?</td>
<td>Có gì khác không?</td>
</tr>
<tr>
<td>Does anything help?</td>
<td>Có gì làm bớt được không?</td>
</tr>
<tr>
<td>How is your vision?</td>
<td>Mắt (title) thế nào?</td>
</tr>
<tr>
<td>Can you see clearly at near?</td>
<td>(Title) nhìn gần có rõ không?</td>
</tr>
<tr>
<td>Can you see clearly in the distance?</td>
<td>(Title) nhìn xa có rõ không?</td>
</tr>
<tr>
<td>Do you ever see double?</td>
<td>(Title) có bao giờ thấy đôi không?</td>
</tr>
<tr>
<td>Do you get headaches?</td>
<td>(Title) có bị nhức đau không?</td>
</tr>
<tr>
<td>Do your eyes hurt?</td>
<td>Mắt (title) có bị đau không?</td>
</tr>
<tr>
<td>Do your eyes itch?</td>
<td>Mắt (title) có bị ngứa không?</td>
</tr>
<tr>
<td>Do your eyes burn?</td>
<td>Mắt (title) có bị cay không?</td>
</tr>
</tbody>
</table>
Have you had an eye exam before?
When?
Where?
Anything unusual then?
Have you ever had any eye surgeries?
Have you ever had any injuries to your eyes?
Do you wear glasses or contacts?
Do you or anyone in your family have any eye conditions?
Do you or anyone in your family have any systemic conditions?
   Like diabetes?
   Like high blood pressure?
   Like cancer?
Who has that condition?
Are you currently using any medications?
Why are you taking this medication?
Do you have any allergies?
Entrance Skills:
Visual Acuities

Please cover your left eye.
Xin che mắt phải.

Please cover your right eye.
Xin che mắt trái.

Please read the smallest letter you can see.
Xin đọc chữ nhỏ nhất (title) có thể thấy.

How many fingers?
Bao nhiêu ngón tay?

Do you see the light? Where?
(Title) có thấy đèn sáng không? Ở đâu?

In what directions are the legs of the “E” pointing?
Máy chân chữ E chỉ về phía nào?

Please look through the little hole.
Xin nhìn vào lỗ nhỏ này.

Are the letters clearer than before?
Máy chữ có rõ hơn không?

Color Vision

Color Plates

What number is this?
Số này là số mấy?

Caps

Please arrange the caps from this color to this color.
Xin xếp màu nắp từ màu này tới màu này.

Cover Test

I will be covering your eyes.
Tôi sẽ che mắt (title).

Please look at that letter.
Xin nhìn chữ kia.
Please look at this letter. Xin nhìn chữ này.

**Stereopsis**

What is this? Cái này là gì?

Which of these circles are coming out at you? Vòng tròn nào đang đi về phía (title)?

Please pinch the fly's wings. Xin bóp những cánh con ruồi.

**Near Point of Convergence**

Please follow this and tell me when you see two of them. Xin nhìn theo cái này và cho tôi biết khi (title) thấy hai cái.

Now tell me when you see one again. Rồi cho tôi biết khi (title) thấy một cái lại.

**Extraocular Motilities**

Please follow this with your eyes. Xin nhìn theo cái này.

Let me know if your eyes hurt to move. Cho tôi biết nếu mắt đau khi cua dòng.

**Confrontations**

Please cover your left eye. Xin che mắt trái.

Please cover your right eye. Xin che mắt phải.

Please look at my eye that is open. Xin nhìn vào mắt đang mở của tôi.

Tell me when you first see this. Cho tôi biết khi (title) thấy được cái này.
Pupillary Reflexes

I am going to shine a bright light in your eye.

Please look at that letter.

Keratometry

This equipment measures the curvature of the front surface of the eye.

Please look right down the center of the instrument where you will see a reflection of your own eye.

You can blink as often as you need to, but please try to hold very still.

Keep your teeth together, your chin in here and your forehead here.

Retinoscopy

This test will give me an estimate of your prescription.

I will be shining a light into your eyes. I need you to look out at the red and green E.

The E may quite blurry, but that's perfectly normal.

Please do not look at the light as that will affect the results of the tests.

If my head ever blocks more than half of
the E, please let me know.

lấm ơn nói cho tôi biết.

**Subjective Refraction**

**JCC**

Please look at the line of letters.

Làm ơn nhìn hàng chữ kia.

I am going to give you some lens choices and neither may be very good, but for each choice I want you to tell me which makes that line clearer or less twisted.

Tôi sẽ cho (title) vài kiện để chọn. Có thể không nào tốt vậy, nhưng cho tôi biết cái nào rõ hơn.

**20/40 Blur**

Please look at the line of letters.

Xin nhìn hàng chữ kia.

Tell me when you can't make out any of the letters.

Nói cho tôi biết khi nào (title) không thể thấy những chữ đó nữa.

Now tell me when you first make out some of the letters.

Bây giờ cho tôi biết khi nào (title) có thể thấy vài chữ này.

**MSBVA**

Tell me as soon as you can make out any of the letters on that bottom line.

Nói cho tôi biết khi nào (title) có thể nhìn thấy được mấy chữ ở hàng cuối.

Could you make out even 1 or 2?

(Title) có thể thấy được một hoặc hai chữ không?

I am going to give you some lens choices. After each pair, I want you to tell me which makes the letters clearer and easier to see.

Tôi sẽ cho (title) kiên để chọn. Xin cho tôi biết cái nào rõ hơn hoặc dễ coi hơn.
Which is clearer, 1 or 2?
Good, how about 3 or 4...

Cái nào rõ hơn, một hay hai?
Tốt, còn ba hay bốn?

BSBVA

Look at the bottom line of letters.
Tell me as soon as you can see all the letters on that line.
Go ahead and call them out for me.
Now tell me which one makes the letters near the bottom of the chart clearer and more comfortable to see, 1 or 2?
Good, how about 3 or 4?

Nhìn hàng chữ cuối cùng.
Cho tôi biết khi nào (title) thấy được hết những chữ đó.
Xin đọc những chữ giúp tôi.
Xin cho tôi biết kiêng nào làm cho hàng cuối rõ hơn và dễ coi hơn, một hay hai.
Tốt, còn ba hay bốn?

Equalization

You should see 2 blurry lines of letters.
Tell me which of the 2 lines is least blurry, the one on top or the one on the bottom.
How about now?

(Title) sẽ thấy hai hàng chữ mờ.
Nói cho tôi hàng chữ nào ít mờ hồn, hàng trên hay hàng dưới?
Còn bây giờ?

Phorias

Do you see 2 letters?
Is the top one to the left or the right of the bottom one?

(Title) có thấy được hai chữ không?
Chữ trên bên tay phải hay bên tay trái của chữ dưới?
Nhìn chữ dưới (trên) và giữ nó rõ.
I am going to move the top letter. Let me know when it is right above the bottom one.

Ok, now let's try it 1 more time from the other side.

Vergences

Please look at that letter. I am going to adjust some lenses which will change the way that letter looks.

Tell me when the letter ever becomes too blurry to read.

Tell me when the letter splits into two.

Now tell me when they become one again.

Cross Cylinder

DCC

Do you see 2 sets of grids?

Are any parts of them overlapping or touching?

Look at the top grid only and tell me which lines appear to be darker or more distinct, the ones going up and down or the ones going across.

Now look at the bottom grid and tell...
Do you see only one grid?

Which lines appear darker, the ones going up and down or the ones going across?

How about now?

Relative accommodation

Are you able to make out the letters on this card?

Good, I am going to adjust some lenses which will change the way the letters look.

Tell me when the letters become too blurry to read.

Ok, now tell me as soon as they are clear again.

Biomicroscopy

I am going to check the health of the outside of your eyes.

Please place your chin here and your forehead against here.
First, close your eyes.

Now open your eyes.

Look to your left.

Look to your right.

Look up.

Look down.

Look straight ahead.

**Gonioscopy**

This special mirror will gently touch the surface of your eyes.

It is perfectly normal if your eye feels cold.

Please look straight ahead.

Keep your eye as wide open as you can.

**Indirect ophthalmoscopy**

Now I am going to check the health of the back of your eye.

Please look up to your right.

Look straight up.

Look up to your left.

Look straight to your left.
Look straight to your right.
Nhin thẳng qua bên phải.

Look down to your right.
Nhin xuống qua bên phải.

Look straight down.
Nhin thẳng xuống.

Look down to your left.
Nhin xuống qua bên trái.

Visual Fields (FDT)

This equipment will measure how well you can see in the periphery.
Máy này sẽ đo (title) có thấy bình thường bên Hồng không.

Please look at the center black dot the whole time.
Làm ơn nhìn ở den từ đầu tới cuối.

Press this button when you see a wavy light flashing around the black dot, but do not look at the wavy light. Keep looking at the center black dot.
Bấm nút này khi nào bạn thấy được hàng chớp chung quanh chấm đen, nhưng đừng nhìn thẳng vào cái den đó, cứ nhìn vào giữa chấm đen.

Patient Education

Your eyes are very healthy.
Mắt (title) rất khỏe.

You need glasses.
(Title) cần mắt kính.

You can wear contacts.
(Title) có thể mang contact.

You have a condition called...
(Title) có bệnh gọi là...

You need to use drops.
(Title) cần xài thuốc nhỏ mắt.

You need eye surgery.
(Title) cần mở mắt.

Please return for an examination again in one year / two years.
Xin trở lại để khám mắt trong một năm / hai năm.

Do you have any questions?
(Title) có câu hỏi gì nữa không?
### Helpful Words and Phrases

<table>
<thead>
<tr>
<th>English</th>
<th>Vietnamese</th>
<th>English</th>
<th>Vietnamese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look here.</td>
<td>Nhìn đây.</td>
<td>myopia</td>
<td>cận thị</td>
</tr>
<tr>
<td>Look there.</td>
<td>Nhìn bên kia.</td>
<td>hyperopia</td>
<td>viễn thị</td>
</tr>
<tr>
<td>worse</td>
<td>tệ hơn</td>
<td>astigmatism</td>
<td>loạn thị</td>
</tr>
<tr>
<td>better</td>
<td>tốt hơn</td>
<td>presbyopia</td>
<td>lão thị</td>
</tr>
<tr>
<td>good</td>
<td>tốt, giỏi</td>
<td>blindness</td>
<td>mù mù</td>
</tr>
<tr>
<td>bad</td>
<td>xấu</td>
<td>color-blind</td>
<td>mù sắc</td>
</tr>
<tr>
<td>right (correct)</td>
<td>đúng</td>
<td>light</td>
<td>đèn</td>
</tr>
<tr>
<td>wrong</td>
<td>sai</td>
<td>prescription</td>
<td>toa mắt</td>
</tr>
<tr>
<td>no</td>
<td>không</td>
<td>tears</td>
<td>nước mắt</td>
</tr>
<tr>
<td>right</td>
<td>phải</td>
<td>doctor</td>
<td>bác sĩ</td>
</tr>
<tr>
<td>left</td>
<td>trái</td>
<td>Slower please.</td>
<td>Xin chậm lại.</td>
</tr>
<tr>
<td>now</td>
<td>bây giờ</td>
<td>Do you understand?</td>
<td>Hiểu không?</td>
</tr>
<tr>
<td>a little more</td>
<td>chút nữa</td>
<td>I don’t understand.</td>
<td>Tôi không hiểu</td>
</tr>
<tr>
<td>always</td>
<td>luôn luôn</td>
<td>Look here.</td>
<td>Nhìn bên kia.</td>
</tr>
<tr>
<td>sometimes</td>
<td>có khi</td>
<td>Please follow me.</td>
<td>Xin theo tôi.</td>
</tr>
<tr>
<td>minute</td>
<td>phút</td>
<td>one</td>
<td>một</td>
</tr>
<tr>
<td>day</td>
<td>ngày</td>
<td>two</td>
<td>hai</td>
</tr>
<tr>
<td>week</td>
<td>tuần</td>
<td>three</td>
<td>ba</td>
</tr>
<tr>
<td>month</td>
<td>tháng</td>
<td>four</td>
<td>bốn</td>
</tr>
<tr>
<td>year</td>
<td>năm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
five  năm
six sáu
seven bảy
eight tám
nine chín
ten mười