

Health and Fitness

Learning Objectives

After completing this unit, you will be able to

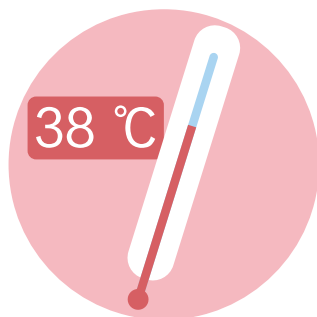
- advocate for sound and healthy lifestyles;
- get information about personal health;
- talk about people's lifestyles;
- exchange ideas about staying healthy;
- write about suggestions on staying healthy.

Warming Up

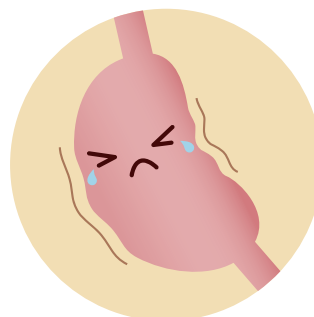
1 Think and match.

将以下图片与对应的健康问题相匹配。

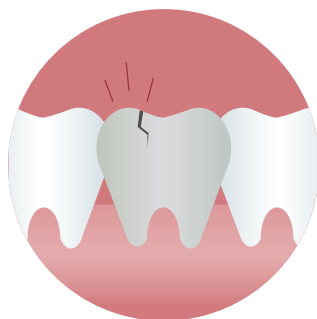
- fever
- under pressure
- toothache
- stomachache



1) _____



2) _____



3) _____



4) _____

2 Think and describe.

两人一组，询问对方的不适症状并给出建议。

Signs of unwellness

feel tired
feel worried
have a sore throat
lose your temper

Your suggestion

see a doctor
drink plenty of water
have a good rest
ask others for help

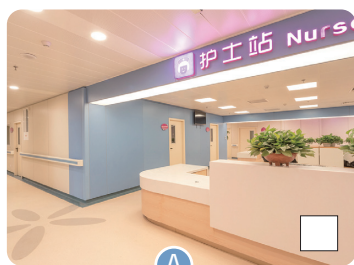
You may ask

- You don't look well. What's wrong with you?
- I ...
- You should ...

Listening and Speaking

3 Listen and tick.

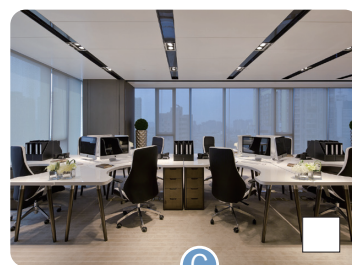
听录音，勾选出对话可能发生的场所。



A



B



C

4 Listen and decide.

再听录音，判断以下说法的正误。

- ☐ 1) Jack always has a bad temper and he doesn't know why.
- ☐ 2) Jack's co-workers would like to help him with the work.
- ☐ 3) Jack will go to the hospital if he feels worse.

5 Listen and complete.

再听录音，完成对话中人物的就诊记录单。

WHAT'S WRONG WITH JACK?

1. Symptoms (症状): Feels 1) _____ and
loses 2) _____ sometimes
2. How long: For 3) _____
3. Possible reason: Under great 4) _____
4. Suggestions: • Ask co-workers 5) _____
• Make a(n) 6) _____ online and see
a doctor when not feeling well

6 Listen, read and underline.

听录音，跟读并标出与就诊相关的语句。



Jack, a German technician working in Shanghai, doesn't feel well and goes to see a doctor.

Jack: Good morning, sir. Here is my appointment number.

Doctor: Thank you. So, what's wrong with you?

Jack: I have a sore throat and a terrible cough, and my temperature is over 39 °C.

Doctor: I see. How long have you been like this?

Jack: Since yesterday evening.

Doctor: Please open your mouth and say "Ah". Hmm, I'm afraid you have a bad cold.

Jack: Is there anything I can do about it? I feel really bad.

Doctor: Yes, there is. Take this medicine one tablet three times a day, drink more water and do have a good rest.

Jack: What else should I pay attention to?

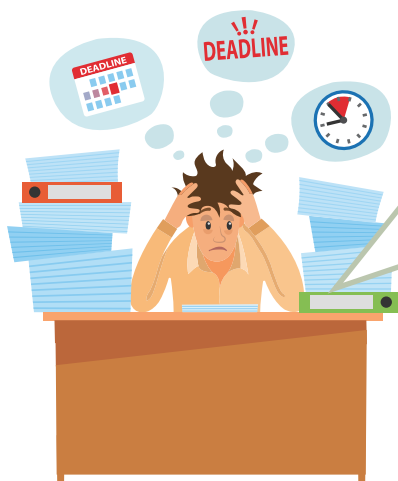
Doctor: You should avoid heavy food and when you are feeling better, do more exercise.

Jack: Thank you. When will I recover from it?

Doctor: Well, it will take about one week.

7 Imitate and practice.

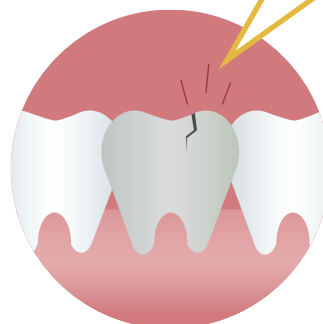
模仿活动6，与同伴练习对话。

**under pressure**

- don't look well
- busy all the time
- stay up late
- feel tired
- find help from a team

toothache

- like sweet food
- have a decayed tooth
- brush teeth twice a day



8 Role play.

假设你是学校医务室的工作人员，根据以下内容与同伴完成关于健康问题及对策的咨询和解答。



- be overweight
- like to eat hamburgers, popcorn and heavy food
- like to drink colas



- control weight
- be physically active
- avoid junk food
- eat more healthy food

- have a sore neck
- have dry eyes
- eyes glued to the mobile phone / laptop
- sit without moving



- protect your eyes and neck
- control the overuse of electrical devices
- do more physical exercise

Reading and Writing

9 Think and discuss.

思考并讨论运动给身心带来的益处。

be stronger

feel happier

10 Read and choose.

阅读课文，判断文章的主要写作目的。

**TIPS**

略读是指阅读时不追求理解所有句子的细节含义，而是更为关注段落和文章的主旨和大意。

- ☐ A. List the health problems modern people have.
- ☐ B. Complain that people are less active nowadays.
- ☐ C. Explain the benefits of exercise.

A Great Cure, Sadly Long Ignored

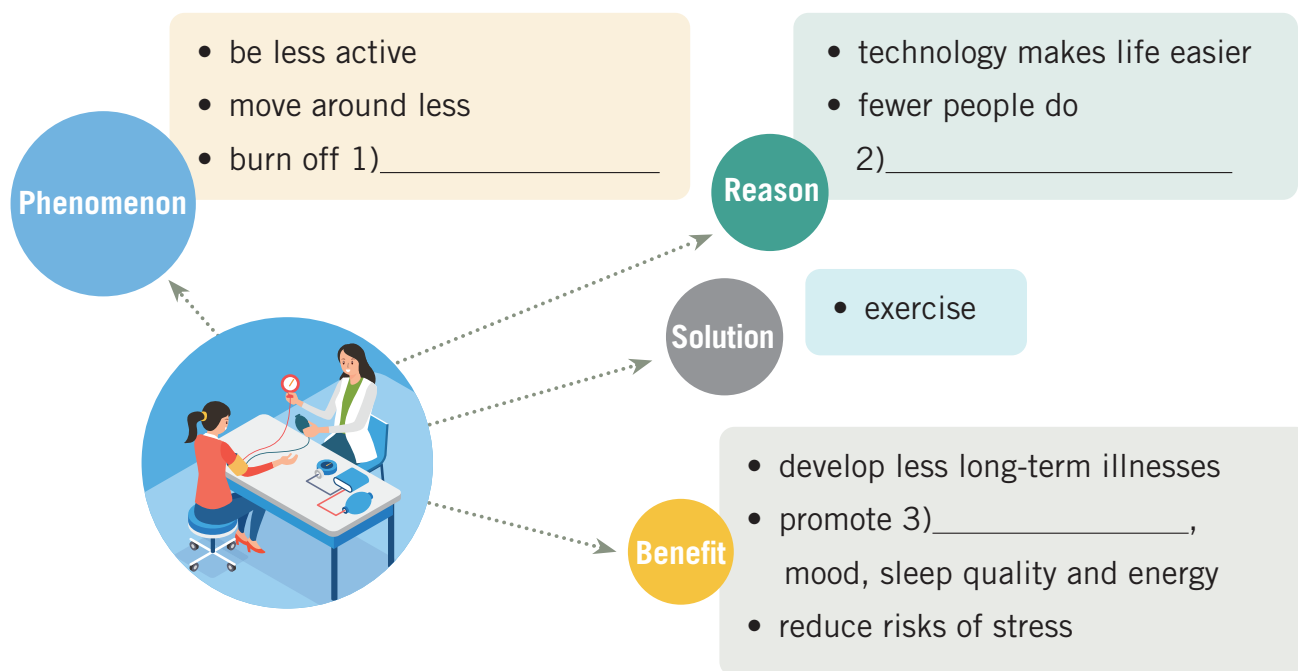
People are less active nowadays, partly because technology has made our lives easier. There is public transport for us to take. There are washing machines to wash our clothes. We enjoy ourselves in front of a screen. Fewer people are doing manual (体力的) work, and most of us have jobs that involve little physical effort. As a result, we move around less, burn off less energy, and have more health problems.

So, what should we do to handle this modern problem? Exercise is a great cure we have always had, but sadly we have ignored it for too long.

Evidence shows that whatever your age, exercise can help you lead a healthier and happier life. People who exercise often have fewer chances to develop many long-term illnesses such as heart disease and cancer. What is more, physical activity can also promote self-respect, mood, sleep quality and energy, as well as reduce your risk of suffering from stress. "If exercise were a pill, it would be one of the best medicines ever invented," says a health expert.

11 Read and complete.

再读课文，补全有关现代人健康问题的思维导图。



12 Read and decide.

再读课文，判断以下表述的正误。

- ☐ 1) Many people are burning off more energy because their life is busier than before.
- ☐ 2) Modern health problems may include being overweight, moving around less and having too much work pressure.
- ☐ 3) Exercise is one of the best ways to keep people away from modern health problems.

13 Read and reorder.

根据课文内容，将以下关于健康的句子排序。

- A. First, exercise can reduce people's chances of developing heart disease or cancer.
- B. What is more, exercise can reduce people's risk of suffering from stress.

- C. Exercise can help people lead a healthier and happier life despite their age.
- D. All in all, exercise would be one of the best medicines ever invented to increase people's life quality.
- E. Second, exercise can promote people's self-respect, mood, sleep quality and energy.

14 Read and respond.

阅读下面某网站健康专栏的帖子并予以回复。



Hey, guys! I'm Eric, an office worker. I need some health advice! I have some sleep problems and often feel tired. What's more, I'm putting on more weight and I'm ashamed of that. I want to make a change, but I don't know what to do. Please help me.

Hi, Eric. Sorry to hear about your problem. It's great that you want to make a change. My advice is that you should be physically active, that is, you should 1)_____.

The reasons are as follows: First, people who exercise often have 2)_____ to develop _____.

Second, exercise can 3)_____. What is more, exercise will also 4)_____.

Keep at it and good luck!



Send ▼



Culture Understanding



Traditional Chinese Medicine

Traditional Chinese medicine (**TCM**^①) is an ancient system of health care. It dates back to more than 2 000 years ago. It was seen by many as a national treasure for its unique theories and practices. One feature of TCM is that it can give **therapies**^② based on the health situation of each individual. Today TCM has found a way to help modern people.

- Daniel, a Sydney native, is a TCM **practitioner**^③. He has spent years in China learning and practicing the techniques. “That experience really opened my eyes a lot to the value of traditional Chinese culture. I really saw the benefit, and it’s something I want to share in my culture. Even though it comes from Chinese culture, I believe it has benefits for any other cultures.”
- When Samantha, a 27-year-old American lawyer, recovered from COVID-19, she experienced fainting, severe headaches and dizziness. After she tried **acupuncture**^④ for a month, she started to feel she was returning to normal again. “The first five minutes, I was just lying there. After 15 minutes, I just melted into the table. I felt so good, and my body felt very loose.”

Q:

Can you name some of the uses of TCM in daily life? What are they?



① 中医 ② 治疗方法 ③ 从业者 ④ (中医) 针刺疗法, 针灸



Language Practice

Grammar

主语+系动词+表语
主语+谓语+宾语+状语
there be 结构



People are less active nowadays.

You don't look well.

We have ignored it for too long.

There are washing machines to wash our clothes.

Is there anything I can do about it?

15 Read and classify.

阅读以下句子，将其按句型分类。

- 1) I feel really bad.
- 2) There is a lot of work to be done this week.
- 3) You can make an appointment with your smart phone.
- 4) I get angry quite often.
- 5) There is public transport for us to take.
- 6) Bill recovered from his cold very quickly.

句 型	句 子
主语+系动词+表语	
主语+谓语+宾语+状语	
there be 结构	

16 Read and reorder.

阅读以下句子成分，将它们组合成句。

1) look not happy young girl did the

2) the cold you get over in a week will

3) many people there not in the fitness center are

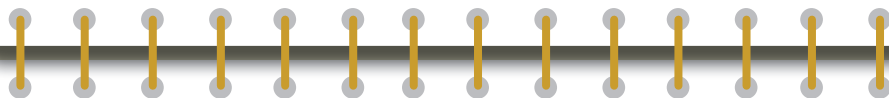
4) stays old man healthy the quite

5) in is smile his face there a great

17 Read and complete.

用所给选项补全对话。

- A It's really helpful.
- B And you should get plenty of exercise.
- C Are there any other suggestions?
- D Smoking does great harm to our health.
- E How can I stay healthy?



Patient: Doctor, 1)_____

Doctor: Eat fresh foods. 2)_____

Patient: Thanks. 3)_____

Doctor: Live a regular life. Go to bed early and get up early.

Patient: Hmm, can I smoke?

Doctor: Never. 4)_____

Patient: 5)_____ Many thanks.

Doctor: You're welcome. Remember, we can make a change by ourselves.

► Vocabulary

18 Choose and complete.

选择合适的短语，用其适当形式补全句子。

- recover from
- burn off
- lose one's temper
- suffer from
- as a result

- 1) The stress from the new job caused Li Ning to _____ repeated headaches.
- 2) Bill has been exercising for six months. _____, his health has improved a lot.
- 3) Running is an excellent way to _____ your fat.
- 4) Mary tried hard to _____ the heart disease.
- 5) Busy office jobs sometimes make people _____.

19 Read and complete.

用所给单词的适当形式补全短文。

illness

handle

stress

promote

ignore

People may have mental (精神的) health 1) _____ during their difficult time. Yet, in spite of the common problems, many of us make no effort to 2) _____ our mental health. We tend to 3) _____ the emotional messages that tell us something is wrong. We hide our problems in the hope that others won't notice. We have no idea how to 4) _____ our situation, and usually we only hope it will finally improve on its own. The truth is, however, that we could not recover from the 5) _____ by doing nothing!

Group Work

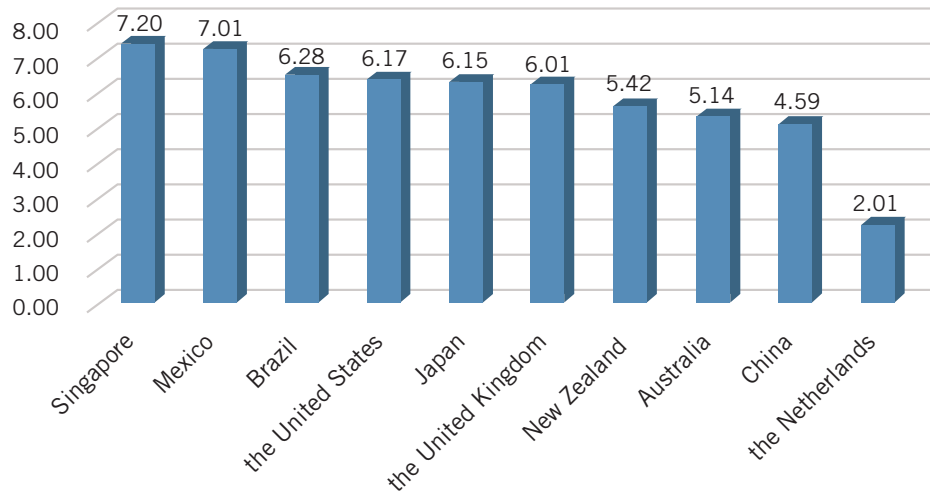
Give a speech on fitness.

- Read the charts below and try to understand what each of them means. 读下列图表，理解所反映的问题。

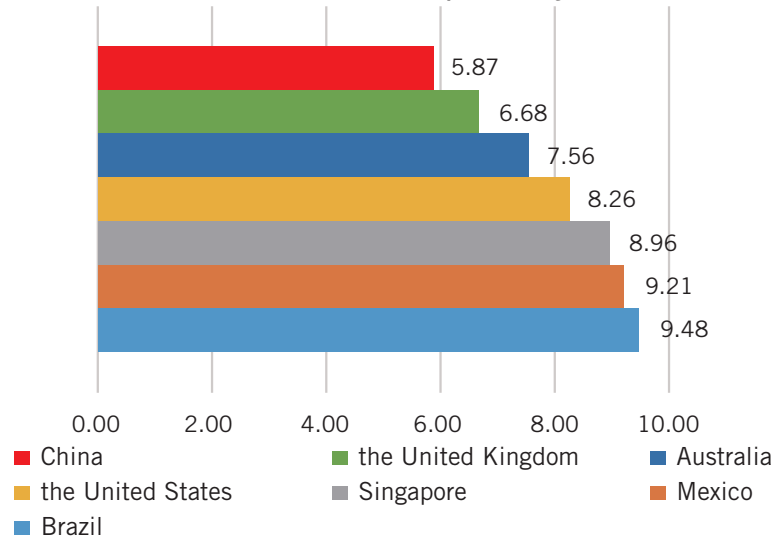
Situation

相比过去，现代人的生活方式发生了很大改变，但同时也带来了许多健康问题。你和你的同学想找到影响现代人们身体健康的一些因素，并尝试提出解决方案。

Fatigue (疲劳) Scores



Annual Screen Time per Day (Hours)



② Read the following words and try to fill in the missing information based on the charts above. 读下面的文字，根据以上图表内容补全信息。

1) China ranked (排名) _____ on a global fatigue index list in a study published recently. A total of _____ countries were ranked in the study. _____ has a “fatigue score” of 7.20. The second and third places went to _____ (7.01) and _____ (6.28) according to the study. China had a score of _____, placing it on the ninth place, and the least fatigued country honor went to _____ with a score of _____, said the study.

2) In terms of screen time, China stood _____ with time spent of 5.87 hours per day on the Internet. _____ was the most Internet-addicted country, with a daily Internet time of _____ hours, followed by Mexico and Singapore.



- ③ **Discuss in groups. Work with your group members, try to find out possible health problems, and give your health suggestions.** 分组讨论，总结图表可能反映出的健康问题并给出合理的建议。

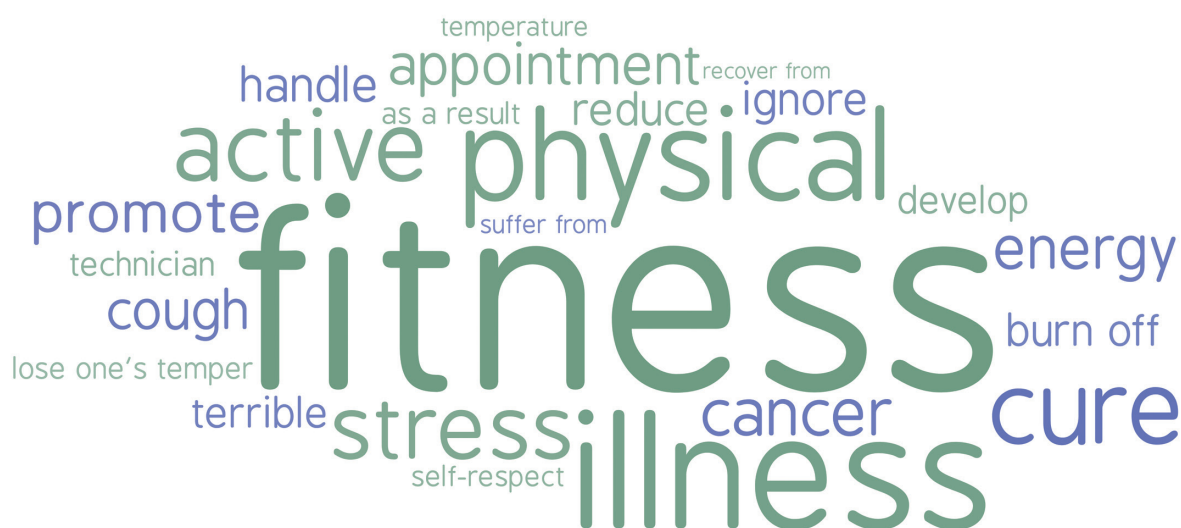
Research Results	Possible Health Problems	Reasonable Suggestions
Fatigue Scores		
Screen Time per Day		



- ④ **Make a brief speech on behalf of your group.** 代表你所在的小组，做一个简要的陈述。

Self-assessment

- **Use the word cloud to check the words and expressions you have learned.** 看词汇云，检查自己对本单元单词及词组的掌握情况。



- manage to live a physically and mentally healthy life;
- use the key sentence structures, words and expressions;
- get important information about illnesses and health;
- understand the talks between doctors and patients;
- communicate with people about health issues;
- explain the effects of unhealthy lifestyles;
- write about keeping fit.

[illegible]