**听力填词复述精讲精练 课时作业**

学校： 姓名： 班级：

一、朗读听力文本。

**Five rules for a healthy life**

Thanks to better health care, most people are living healthier and longer lives. Someone who is born today can expect to live about thirty-five years longer than someone who was born in the nineteenth century. It is even thought that in the future more and more people will celebrate their hundredth birthdays. Here are five rules for a healthy life.

**1. Get off the sofa!**

Sure, it is comfortable to sit on the sofa and watch TV. But doctors say you should get off the sofa. To keep fit, you have to walk at least 10,000 steps every day. In the past, people's jobs required more physical effort. They often had to walk for miles every day. When farmers were working in the fields, they were keeping fit at the same time. Think about it: Do you get the same amount of exercise today as they did in the past?

**2. Eat healthy food!**

It is important to eat food that is fresh and natural, for example, fruit and vegetables. Fast food is not healthy. You should only have it once in a while. Eating too much of the wrong food will harm your health.

**3. Rest while you can!**

When we were babies, we slept for much of the night. Teenagers do not need as much sleep as babies, but it is important for you to get about eight hours' sleep a night. At weekends, you've got more time, so use it not just for your friends, but for rest too.

**4. Do not worry. Be happy!**

Many people believe that happiness is important for our general health. Sometimes it is not easy to be a teenager because of the difficulties of school, exams or friendships. If you're worried about something, talk to your parents or your teacher.

**5. Say no to smoking!**

Yes, you knew I was going to say this! It is so important. Smoking is not cool. It is dangerous. It harms nearly every part of your body. Think about how your family and friends will feel, and think about what it will do to your health.

二、依据所听文本内容，收录、积累、词汇、短语、句式，丰富自身储备。

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三、基于课堂所听文本内容，写下复述语篇内容。

*In the future more and more people will celebrate their hundredth birthdays.*

*Dr. Smith tells us five rules for a healthy life. …*