**听力填词复述精讲精练 课时作业答案**

学校： 姓名： 班级：

一、收录、积累、所听本文词汇、短语、句式，丰富自身储备。

1. thanks to 多亏，由于 6. eat healthy food 吃健康食品

2. health care 医疗保健 7. fresh and natural 新鲜天然

3. get off the sofa 离开沙发 8. once in a while 偶尔，有时

4. keep fit 保持健康 9. rest while you can 保证休息

5. at least 至少 10. general health 健康状态

**（学生也可增加积累个性化生成答案。）**

二、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.*

First, get off the sofa! To keep fit, we have to walk at least 10,000 steps every day.

Second, eat healthy food! It is important to eat food that is fresh and natural, for example, fruit and vegetables.

Third, rest while we can! Teenagers do not need as much sleep as babies, but it is important for us to get about eight hours' sleep a night.

Fourth, do not worry. Be happy! It is not easy to be a teenager because of the difficulties of school, exams or friendships. If we're worried about something, talk to our parents or our teacher.

Last, say no to smoking! Smoking is not cool. It is dangerous. It harms nearly every part of our body.