**人与自我《健康与生活》 A healthy life Word study [学习目标]** 本节课重点学8个词在不同语境中的意思，关注其用法，并在新语境中熟练运用。

**[学法指导]** 学生阅读句子，理解词义，整理词汇的用法，并完成填空和选择题练习。

**Task 1 Read and discover.**

**1. due to**

* .I think my long and active life must be due to the healthy life I live.
* She has been absent from work due to illness.
* The restaurant's success was due largely to its new manager.
* 他的成功归功于他的努力。
* 事故是因为你驾驶不小心。
* 比赛不得不因下雨而延期
* He was late because of the traffic jam.
* Owing to bad weather, this morning's flight will be delayed.
* He is retiring due to illness.
* Thanks to the success of his first album, he is now a wealthy man.
* As many as 2,500 people died as a result of the earthquake.
* I had to wait hours because the plane was delayed

**2.be/ become addicted to**

* I also smoked and became addicted to cigarettes..
* My children have become hopelessly addicted to television.
* 50 million Americans are addicted to nicotine.
* 孩子很容易沉溺于网络
* 在吸烟成瘾前，他曾经尝试过戒烟。

**3. be/become accustomed to**

* This means that after a while your body becomes accustomed to having nicotine in it.
* I am accustomed to walking long distances.

You will soon get accustomed to the job.

* Children are quick to accustom themselves to new surroundings.
* 他的眼睛很快习惯了黑暗。
* 我们习惯了在一起工作。

**4. effect**

* I didn’t know the harmful effect of smoking.
* . His stomachache is an effect of overeating.
* have an …effect on / upon=have influence on
* 教育将对人的一生产生影响。
* 全球变暖将会对环境产生不好的影响。

**5. feel like**

* Every time you feel like smoking a cigarette,…
* 天太热了，我想去游泳。
* 你想再喝一杯吗？

**6.in spite of**

* 尽管下雨，我们还是出去了。
* 尽管困难，他还是坚持做研究。

7.get into the habit of

* Of course the best way to deal with the drugs is not to get into the habit in the first place.
* get into the habit of = fall into the habit of/ form the habit of
* The girl has got into the habit of playing with her hair while reading.
* get into trouble 惹上麻烦
* get into debt 负债累累
* get into a temper 大发脾气
* get into the way of 习惯于、学会

8.at risk

* Are you at risk?= Are you in danger?
* You are really at risk if you don’t wear the seat belt.
* Women are more at risk from the harmful effects of alcohol than men.
* be at risk
* ake a risk in doing sth. / of doing sth.
* risk doing sth.
* get into the habit of = fall into the habit of/ form the habit of

**Task 2. Complete the sentences.**

1) I’m very tired and I don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ doing anything at all.

2) Did your son \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the first three places in the competition?

3) Nowadays some children \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ computer games.

4) Finally they decided to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to make the incredible journey to Africa.

5) My eyes quickly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the dark after I was in the cave for a few minutes.

6) The accident was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ his careless driving.

7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bad weather, they still had a wonderful holiday.

8) The disease is spreading, and all children under five are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Task 3. Choose the correct answer.**

1. His father has become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ drugs.

A addicted to B get close to C a great deal D because of

1. I’m sorry for\_\_\_\_\_\_\_ the important point in your speech

A leave for B leave out C leave behind D leave over

1. His grandfather has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ life in the mountains from his childhood.

A remind of B due to C in spite of D be accustomed to

1. I \_\_\_\_\_\_\_\_\_\_\_ my teacher’s advice

A at sisk B benefit from C deal with D have effect on

1. How do you\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to carry such a heavy box?

A manage B try C remain D inform

1. These pictures \_\_\_\_\_\_ me of my school days.

A keeps B reminds C commands D manages

1. I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ buying a bike for my brother’s birthday.

A decided on B got into the habit of C tried on D carried on

1. You will be \_\_\_\_\_\_\_\_\_ , if you go on board in such bad weather.

A get into trouble B at risk C fall asleep D at present

9 .His success is entirely \_\_\_\_\_\_\_ his hard work.

A due to B used to do C get down to D pay attention to

10 Accustomed to \_\_\_\_\_\_ the steep mountain, he had no difficulty reaching the top.

A. climbing B. climb

C. having climbed D. have climbed