**8年级英语第32课时**

**《开启健康生活之旅—为你的健康来一份“私人定制”》学习指南**

**【学习目标】**

1. 能够通过阅读有关饮食和运动的短文，从中获取并梳理生活方式的事实信息；
2. 能够识别自己或他人的健康问题，并针对不健康的生活习惯给出恰当建议；
3. 能够通过反思自己的生活习惯，制定并撰写适合自己的健康计划。

**【学习任务单】**

**任务一: 思考并回答下列问题。**

1. What affects our health?

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1. What health problem may we have?

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1. Have you had these problems recently?

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**任务二: 完成下列健康调查，算一算你得了多少分！**

（ ）1. How often do you have sugary drinks（含糖饮料）?

A. Never. B. Sometimes. C. Often.

（ ）2. Do you eat 5 kinds of fruits and vegetables every day?

A. Not often. B. Less than 5. C. At least 5.

（ ）3. Have you limited(限制) your daily screen time（每日屏幕时间）these days?

A. Not often. B. Sometimes. C. Yes.

（ ）4. How long do you do physical activity（体育锻炼） every day?

A. 15 minutes. B. 1 hour. C. 2 hours.

（ ）5. How often do you get good 8 hours’ sleep?

1. Never. B. Sometimes. C. Every night.

A: 0 points B: 3 points C: 5 points

**任务三: 将适当的建议与左边不同的健康问题进行匹配。（可以多选）**

|  |  |
| --- | --- |
| a stomachache | limit the screen time |
| a headache | eat less fast food |
| hard to sleep | have enough fruits and vegetables |
| overweight | drink lots of water |
| catch a cold | do exercise every day |
| sleepy and tired | get enough rest and take some pills |

**任务四: 阅读John自述，回答问题。**

Since I began to chat with my friends at night by We-chat, I haven’t had a good sleep for a while. I feel tired and sleepy during the day. In order to keep awake, I always drink cola. It seems that I have a cold all the time, so I don’t get any exercise. I really worry about my health. I want to make a change! —— John

1. What’s John’s problem?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write advice for these problems.

*Dear John,*

It’s time for you to think about your lifestyle!

First, chatting on the phone makes you feel excited and sleepless.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Second, sugary drink is bad for your health. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Third, your body needs more physical activity. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you follow my advice, I’m sure you will feel better!

*Yours*

1. Read and underline “\_\_\_” *John’s plan*.

Thank you for your advice! I’d like to make a change for my health.

First, in order to fall asleep easily, I’m going to turn off my cellphone before 9 pm and read some books to relax. Second, taking some exercise can make me stronger. I’m going to have 45 minutes’ running every day. What’s more, I plan to have zero sugary drinks to keep fit. I call my plan **9450 health plan**.

I believe if I keep doing it, I will be healthy and energetic!

**任务五: 总结一下如何制定自己的健康计划呢？**

How to make a personal health plan

**任务六:写作。**

某英文刊物的《健康与生活》版块邀请你以“我的私人定制健康计划”为题，向同学们分享一下你的健康计划。内容包含：你最近健康状况如何，针对目前的健康状况要制定哪些计划，希望通过实施这个计划达成哪些改变。

1. Do you have any health problems?

2. What are you going to do to keep healthy?

3. What changes do you expect to achieve?

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**任务七: 巩固练习。**

1. **完成句子。根据中文提示完成句子。**
2. 锻炼身体已经成为我生活的一部分了。

Doing exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_my life.

1. 快餐食品对我们的身体有害，我们别吃了。

Fast food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Let’s stop eating it.

1. 我在电脑游戏方面花费的时间太长了，所以没有时间锻炼身体。

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that I have no time to do exercise.

1. 我已经有段时间没有睡好觉了。

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for a while.

1. 我计划喝无糖饮料以保持健康。

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_zero sugary drinks to keep fit.

**二、阅读短文，根据其内容从选项中选择最佳选项，将其代号填入题前括号内。**

If you often feel tired, and the doctor can’t find anything wrong with you, you may be in sub health. Sub health is between health and illness. Most of the sub healthy people are middle-aged ones. They are usually stressed out (筋疲力尽) because of work and family. And some of them are students who are having exams.

If you are sub healthy, it’s not difficult for you to **recover**. You should have good living habits(生活习惯). For example, you should get up early and go to bed early. And you should exercise. Exercising can keep you healthy. As for meals, it’s better to eat less salt and sugar. Vegetables, fruit and fish are important to your body. You should eat more of them. It is not good to eat too much at one meal, because it may cause unhealthy changes in the digestive tract(消化道). And at last, a balanced diet (均衡饮食) is very helpful in keeping healthy.

( )1. How may you often feel if you are sub healthy?

1. Happy. B. Tired. C. Excited. D. Sad.

( )2. What kind of students may be in sub health?

1. Students who are young. C. Students who are interested in sports.
2. Students who are taking holidays. D. Students who are preparing for exams.

( )3. What does the underlined word “recover” mean in Chinese?

1. 追回 B. 返回 C. 恢复 D. 遮盖

( )4. According to the passage, what should you do if you are sub healthy?

1. Keep good living habits.
2. Go to see the doctor and ask for some medicine.
3. Eat as much as you can at each meal.
4. Stay up late and get up early.