**9年级英语第40课时 拓展任务答案**

## Passage 1: Take care to protect yourself

The battle (战斗) against the novel coronavirus is on. It’s not just a battle for doctors, but also for each of us. Here are some of the things we can do, according to the Handbook of Prevention and Treatment (防治知识手册) of COVID-19 released by WeDoctor Digital General Hospital.

introduction

Don’t go to crowded places. If you have to, remember to mask up (戴口罩). Wearing masks can prevent droplets(飞沫) from hitting your face or mouth. Remember to change them every four hours if you keep wearing them. Stay at least one meter away from other people, especially (尤其是) those who are coughing or sneezing.

Open windows to let fresh air in during the day. Do it three times a day for 15 minutes to half an hour each time. You can only get infected (感染的) if the virus(病毒) builds up(增强) in large amounts. Proper ventilation(通风) can stop the virus from building up.

ways to protect yourself

Keep healthy habits such as eating a healthy diet, exercising and getting enough sleep. This can improve your immune (免疫) system.

Remember to wash your hands before eating, after going to the bathroom, coming home and touching animals. Don’t touch your eyes, nose or mouth before washing your hands. When you wash your hands, use running water and soap. Rub (揉搓) your hands together for no less than 15 seconds.

1. **How many parts are there in the passage, and what are they about?**

**Two. Part 1: introduction. Part 2: ways to protect yourself.**

1. **How many ways of protecting yourself are mentioned in the second part?**

**4 ways.**

1. **For content and structure, what expressions can be used? Circle them in the text.**

**学生根据自身需要生成，无固定答案。**

1. **Integrate the information (整合信息) of the second part. [具体信息无固定答案]**

don’t go to crowded places

keep healthy habits

open windows to let fresh air in during the day

ways to protect yourself

remember to wash your hands

## Passage 2: Many ways to stay positive

There are many ways to release fear and anxiety (焦虑). Here we have collected some tips based on an article by Xinhua, as well as an interview with Wang Weihua, an expert on positive psychology.

introduction

Less information input. Avoid reading too much about the epidemic(流行病), as this can be overwhelming (难以承受的). When you want to learn about it, be sure to get your information from reliable sources. Rumors (谣言) can make you feel anxious.

Exercise indoors. Exercises not only help you improve your immunity (免疫力), but can also help you release your anxiety, according to previous(以前的)studies. You can try yoga, tai chi or other sports you enjoy.

ways to stay positive

Write or talk. If you feel too anxious, try to write in a journal(写日记) to record your true feelings during the epidemic. Through writing, you can better understand yourself and release your emotions. You can also talk with your friends and family about your feelings.

Be creative. Show your imagination and support through creative activities. For example, you can paint pictures that encourage people to fight the virus. If you enjoy music, you can write songs. Don’t be afraid to share your works with others. They may comfort (安慰) some people.

Follow hygiene practices(卫生习惯). Do basic things like washing your hands often and properly, and using tissues(纸巾) when you sneeze(打喷嚏) or cough. It can make you feel safe.

1. **How many parts are there in the passage, and what are they about?**

**Two. Part 1: introduction. Part 2: ways to stay positive.**

1. **How many ways of staying positive are mentioned in the second part?**

**5 ways.**

1. **For content and structure, what expressions can be used? Circle them in the text.**

**学生根据自身需要生成，无固定答案。**

1. **Integrate the information (整合信息) of the second part.[具体信息无固定答案]**

less information input

exercise indoors

ways to stay positive

follow hygiene practices

be creative

write or talk

**参考范文**

*Dear Peter,*

*I’m glad to receive your email.* I’m so sorry to hear about what’s happening in your country. Here are some ways about the epidemic protection I’d like to share with you.

First, don’t go to crowded places and remember to mask up if you have to. Then, remember to open windows to breathe fresh air. Besides, keeping positive is also very important. Be sure to read the reliable information as rumors can make you feel anxious. Last, doing some exercise indoors can not only improve your immunity but also release anxiety.

I believe we will get through it and everything is going to be fine.

*If there is anything more that I can help with, please let me know.*

*Yours,*

*Li Hua*