**8年级（下）英语第4课时（第13周）**

**《写作小讲堂之如何拥有健康生活》学程拓展**

**一、阅读下列短文，拓展知识面。**

**A**

The size and shape(形状) of your ears show your character more than any other parts of the face. Other parts of the face change shape as we get older, but ears do not change their shape. They only change in size.

Reading people’s character from their ears is an old science. In very old times people thought that a person with big ears had a good and generous character. They thought that a person with pale, small ears was dangerous. They also thought that the shape of the ear showed if a person was musical. Today, too many people believe that the size and the shape of the ear help you know if a person is musical.

Ears are all different, and each characteristic has a meaning. Next time when you look at a person, see if his ears are large, medium-size or small. Look at the lobes (the lowest part of the ear). Do they stick to the face? Ears that are always red mean a person may easily get angry, or he / she just has high blood pressure (高血压). Ears that are always cold and pale mean a person has a nervous character. And a big inside hole of the ear means a person is musical.

**B**

It's different between western countries and eastern countries about how to keep healthy.

Traditional Chinese doctors believe we need a balance of cool yin and hot yang to be healthy. In China, herbs(中草药) are the main medicine but in western countries they use tablets(药片).

In China, if you are quiet and always tired, Chinese doctors might think you have too much yin. You should eat more hot yang food. It can give you some energy(能量). But in western countries , doctors will check(检查) your body. They might give you some tablets to cure  (治愈) your disease （疾病）. People who are easily stressed out and angry might have too much yang in their bodies. Chinese doctors believe they should eat more yin food.

Now, people all over the world like herbs, because they think those herbs are healthy and they can help them eat a balanced diet.