

An open book with a light brown cover. The left page is blank except for a single rose with green leaves and a stem. The right page contains the title 'Our Body and Healthy Habits' in large, bold letters. The word 'Our' is pink, 'Body' is pink, 'and' is black, 'Healthy' is green, and 'Habits' is green. The book is set against a white background.

Our Body and Healthy Habits

Book2 Module1

Revision(1)

1. 减肥节食 go/be on a diet
2. 保持健康 keep fit/healthy
3. 朝某地去 head to/towards
4. 正常的 normal
5. 注视 eye
6. 迷恋 be crazy about

Revision(2)



toothache



overweight



lung



take exercise

**Look after yourself
and
form good habits!**





Reading

Zhou Kai
(1)

Reading-- Zhou Kai (1)

Listen to the tape twice and fill in the blanks:

When Zhou Kai's mother saw him heading towards the front door without a jacket on, she eyed him anxiously.

“Zhou Kai, where are you going?” she asked.

“To the park. I am going to play football,” said Zhou Kai.

“But it's raining! You'll catch a bad cold,” said his mother.

“No, I won't. I'll be fine,” said Zhou Kai, 得了重感冒 as he opened the door. at least

“Zhou Kai, you'll get ill. You know you will. You can 至少 as was told go and get your jacket.”

“OK,OK.” Zhou Kai went and did 按照 he _____.



Reading

Zhou Kai
(2)

Reading-- Zhou Kai (2)

1. Read Zhou Kai (2) and choose the correct answers.

1). Zhou Kai's family _____.



A avoids eating too much fat or sugar

B eat a lot of vegetables, fruit and meat

2). Zhou Kai _____.

A. sometimes gets colds and flu



B seldom gets colds or flu

3). A week ago, Zhou Kai _____.



A. caught a cold

B. injured his arm

Reading-- Zhou Kai (2)

1. Read Zhou Kai (2) and choose the correct answers.

4). Two years ago, Zhou Kai _____ while playing football.

A. hurt his leg



hurt his arm

5). Zhou Kai describes himself as _____.

A. crazy



someone who loves football

Reading-- Zhou Kai (2)

2. True or False

- F** 1. Zhou Kai's family eat a lot of vegetables, fruit and meat.
- T** 2. Zhou Kai seldom gets colds or flu.
- F** 3. A week ago, Zhou Kai injured his arm.
- F** 4. Two years ago, Zhou Kai hurt his leg while playing football.
- T** 5. Zhou Kai considers himself to be crazy about football.



**Does Zhou Kai have a
healthy lifestyle, why?**

Reading-- Zhou Kai (2)

Healthy
eating
habits

The important parts of his diet:
fresh fruit and vegetables

Something to eat regularly:
fish—he eats it about four times
a week

Something he dislikes: fat and sugar
(because doesn't have a sweet tooth
he = he doesn't like to eat sweet food.)

Healthy
exercise
habits

He takes a lot of exercise and
he is very fit.

His favourite sport is _____
~~he is~~ football _____ captain of the class
team and a(n) _____ of the
Senior High team.

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/145204312140011221>