# Our Body and Healthy Habits

**Book2 Module1** 

### 1. 减肥节食 go/be on a diet

## **Revision(1)**

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



be crazy about

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## **Revision(2)**

### toothache

### overweight

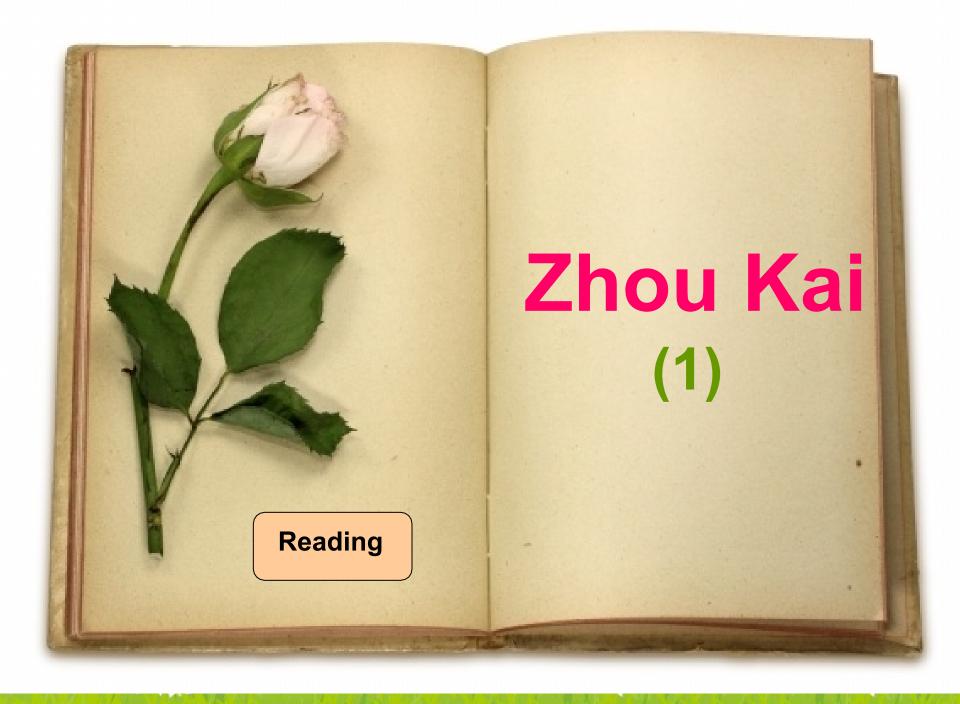
## take exercise





## Look after yourself and form good habits!

AC IL



#### Listen to the tape twice and fill in the blanks:

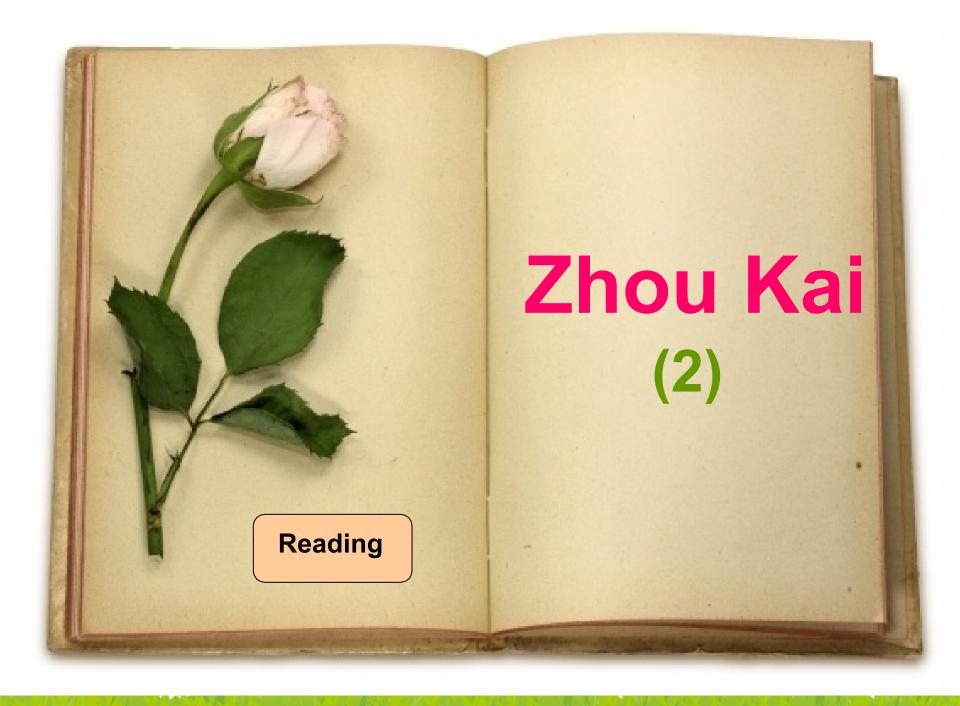
When Zhou Kai's mother saw him <u>heading toward</u> he front door <u>without</u> a jacket <u>on</u>, she <u>eyed</u> him anxiously. "Zhou Kai, where are you going?" she asked. "To the park. I <u>am going to</u>play football," said Zhou Kai. <u>catch a bad cold</u> "But it's raining! You'll <u>,</u>" said his mother. "No, I won't. I'll be fine," said Zhou Kar, as he opened

"No, I won't. I'll be fine," said Zhou Kar, as he opened the door.

"Zhou Kai, you'll get ill. You know you will. You can go and get your jacket."

"OK,OK." Zhou Kai went and did \_ 按胞

at least



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

1). Zhou Kai's family

**Navoids eating too much fat or sugar** 

**B** eat a lot of vegetables, fruit and meat

2). Zhou Kai \_\_\_\_\_

A. sometimes gets colds and flu seldom gets colds or flu

A week ago, Zhou Kai \_\_\_\_\_.

a caught a cold B. injured his arm

**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

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.

F3. A week ago, Zhou Kai injured his arm.

F4. Two years ago, Zhou Kai hurt his leg while playing football.

**7**5. Zhou Kai considers himself to be crazy about football.

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

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 doesn't have a sweet tooth (because he = he doesn't like to eat sweet food.

Healthy	He takes a lot of exe	rcise and
exercise	he is very <u>fit</u> .	
habits	His favourite sport is	
	-fodttoisl eft	heinlass
	team and a(n)	of the
	Saninb High team.	INR //

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