

子主题2：健康、文明的行为习惯与 生活方式

分析甘肃近几年的中考真题书面表达可知,关于“健康、文明的行为习惯与生活方式”这一主题共考查过2次,分别为:2024年兰州(以“Marathon in My Eyes”为题)及2021年甘南州(疫情暴发期间如何远离这种疾病)。

一、教材单元链接

人教版教材	冀教版教材	话题命题点
七年级(下)Unit 4; 八年级(上)Unit 2; 八年级(下)Unit 3	七年级(下)Unit 7; 八年级(下)Unit 6; 九年级(全)Unit 1	<pre> graph LR A[运动与健康] --- B[话题] C[饮食与健康] --- B D[身心健康] --- B B --- E[健康、文明的行为习惯] B --- F[健康的生活方式] </pre>

二、话题导入

完形填空(2024·宜宾改编)

Your body is like a super-strong, super-speedy machine, and the food you eat is what keeps you going. It's just like putting the right 1 in your car. Eating the right food helps your body run 2 and stay strong. That's why good eating habits are important. We can understand it better by reading the following.

Give you energy.

The food you eat gives you 3 to run, jump and play. Proteins(蛋白质) are a good choice. Eggs and milk 4 power for every movement you make.

Help you grow.

Are you trying to get taller and stronger? Eating things such as chicken, fish and beans 5 your growth.

Make you healthy.

Some foods are like tiny doctors. Fruits and vegetables, such as apples and carrots, have an active influence on your body 6 something goes wrong, like when you have a little cold.

Keep you slim.

Sometimes people eat too much sugar 7 fatty foods, and it's like putting too much weight in your backpack. It gets heavy and makes you 8. Eating a good mix of foods can help you stay light.

How can you start eating better? Firstly, eat all kinds of foods. Each kind is good for your health. Don't be too picky (挑食). Next, have three meals a day. You are supposed to have each meal 9 . 10 , drink water. As a garden needs watering, your body needs water too.

- (**B**) 1. A. water B. oil C. food D. drink
- (**A**) 2. A. smoothly B. quickly C. quietly D. carefully
- (**C**) 3. A. weight B. time C. energy D. money
- (**D**) 4. A. lose B. give C. offer D. provide
- (**A**) 5. A. does good to B. do harm to C. get in the way of D. do badly in

- (**D**) 6. A. before B. until C. unless D. if
- (**B**) 7. A. but B. or C. and D. as well as
- (**C**) 8. A. hungry B. light C. tired D. thirsty
- (**A**) 9. A. on time B. in time C. at times D. from time to time
- (**D**) 10. A. Suddenly B. Luckily C. However D. Lastly

三、知识储备

★如何保持健康

1. We can understand better that good eating habits are good for our health by reading the following. (用含有“by + doing sth.”的句式转换)

转换：We can control daily diet and eat low-fat foods to keep healthy.

We can keep healthy by controlling daily diet and eating low-fat foods.

2.Eating the right food helps your body run smoothly and stay strong. (用“doing sth.作主语”的句式转换)

转换：Finally,we should have a strong will.

Finally,having a strong will is also important.

3. Don't be too picky. (用“祈使句”句型转换)

转换：At the same time, we should plan time reasonably and develop good living habits.

At the same time, plan time reasonably and develop good living habits.

4. That's why he is healthy and happy. (用“That's why + 从句”转换)

转换： So good eating habits are important.

That's why good eating habits are important.

5.The food you eat is what keeps you going.(用表语从句转换)

转换：They tried to worked hard to support the runners.

What they tried to do is they worked hard to support the runners.

★如何保持自身安全

1. Wear lights on the bicycle or wear light-colored clothes if we ride at night.

(仿写祈使句)

仿写：做运动时穿上运动鞋。

Wear sports shoes when you do sports.

2. We should remember that safety comes first. (仿写宾语从句)

仿写：它提供了优质的服务,以确保所有跑步者的安全。

It provided excellent services to make sure that all runners are safe.

3. You had better not stay outside too late alone. (用含“had better”的句式)

仿写：我们最好不要吃变质的食物。

We'd better not eat the food that goes bad.

4.If you are ill,you should see a doctor.(用含“if”的条件状语从句)

仿写：如果你在运动中受伤,你应该及时得到急救。

If you are hurt in sports,you should get first aid in time.

【句子扩写】(根据下列汉语提示扩写句子)

1.It showed the true meaning of selflessness.

扩写：他们的所作所为体现了无私的真谛。

What they did showed the true meaning of selflessness.

2.The event was a great success.

扩写：在我看来,这次活动非常成功。

In my opinion, the event was a great success.

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