

高一人教版英语 Unit-2 全单元 教案

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Unit 2 Healthy Eating

I. 教学内容分析

本单元的中心话题是健康饮食。主要是为了使学生对与健康有关的问题得到更好的理解。这一单元鼓励学生去检查自己的饮食行为，看一看它是不是健康的饮食习惯。一种健康的饮食习惯应该是平衡的，既不在脂肪、糖和盐这些方面过剩，又不会在人体必需的营养元素方面匮乏。通过本单元的学习，学生可以对健康饮食有一个清楚的概念，从而根据所学的知识去思考与健康有关的问题。

Warming Up 部分通过问题向学生询问饮食构成，让学生对本单元的内容能有一个初步的了解，并使学生复习与有关饮食的单词和短语。然后让学生回答一组问题，通过这些问题的讨论，

引导学生参与表达自己的看法，激发学生兴趣和好奇心，让学生自然而然地进入下一部分的学习。

Pre-reading 部分通过几个问题讨论，让学生认识平衡营养的重要性，为课文的学习做出铺垫。

Reading 部分主要讲述了王鹏和咏慧开饭店

的故事，借此揭示了不同食物对人体有着不同的影响。故事讲述了王鹏和咏慧两家饭店的两种饮食都是不合理的，经常去王鹏的饭店容易发胖，这样会导致高血压和心脏病等疾病；而经常去咏慧的饭店的顾客则容易变瘦，这样容易导致厌食或是营养不良，让学生注意并避免走这两种极端。这些距离学生自身生活很接近的问题很容易引起学生的思考。在教授的过程中注意积极的引导学生不断的进行反思。

Comprehending 第一部分通过 True or False 第四部分通过 Main idea 的寻找，使学生对文章有了一个浅层的理解。

Learning about Language 部分突出了词汇和语法的学习与训练。本单元的语法是情态动词 ought to 等的基本用法。

Using Language 部分中包括了听、说、读、写几个部分的内容。学生可通过王鹏和咏慧的这一个事情，深入展开讨论与健康饮食有关的事情。阅读后的习题及讨论不仅帮助学生加深对文章主旨大意的理解，更重要的是让学生学会用所学的知识，解决在现实生活中遇到的问题。

Learning Tip 部分主要建议学生学

学会通过学到的与健康饮食有关的内容，安排合理的膳食；让学生通过查询各种资料，熟悉各种饮食习惯、饮食结构与饮食文化，不断开拓自己的视野。

II. 教学重点和难点

1. 教学重点

- (1) 本单元的生词和短语；
- (2) 掌握情态动词ought to的基本用法；
- (3) 了解合理的膳食、饮食习惯、饮食结构与饮食文化，掌握有关词汇。

2. 教学难点

- (1) 增进学生对饮食文化的理解，了解和感悟饮食文化；
- (2) 如何正确处理矛盾、解决问题；
- (3) 如何给予劝告，提出建议。

本单元建议分五课时：

第一、二课时： **Warming Up, Pre-reading,
Reading & Comprehending**

第三、四课时： **Learning about Language**

第五课时： **Listening (Using Language)
Listening (Workbook), & Talking (Workbook)**

第六课时： **Reading (Using Language) &**

Speaking and writing (Using Language)

**第七课时： Reading task (Workbook),
Speaking task (Workbook), & Writing task
(Workbook)**

**Period 1&2 Warming Up, Pre-reading,
Reading & Comprehending**

Teaching Goals:

- 1. To arouse Ss' interest in learning about
healthy eating.**
- 2. To develop Ss' speaking ability.**
- 3. To learn to make suggestions or give advice on diet.**

Teaching Procedures:

Step 1. Leading-in

**Purpose: To activate Ss and arouse them to
express their opinions about what to eat.**

Ask Ss to answer the following two questions.

- (1) What do people eat for breakfast?**
- (2) How about for lunch and supper?**



Suggested Answers:

(1) Breakfast: noodle, milk, butter, bread, egg,

(2) Lunch and supper: rice / Chinese bread, meat, vegetable, egg.

Step 2. Warming Up

1. Lead Ss to the topic of this unit. Teacher may say, ‘This is important as it enables us to talk about the value of particular food to our health.’

We want Ss to appreciate what a balanced diet is. Everybody has to eat, but do you eat a healthy diet? Do you know that the food you eat helps you grow in different ways? Now, classify all these food according to their functions and fill in the form. ”

rice noodles bread sugar spaghetti potatoes butter
cream oils nuts meat eggs milk cheese tofu beans,
cucumbers, mushrooms, peas, cabbage apples,
peaches, pears, oranges, lemons

Food that provides energy (eg. Energy-giving food)	Food that helps grow bones and muscles (eg. body-building food)	Food that helps the body fight diseases (eg, protective food)

Suggested Answers:

Food that provides energy (eg. Energy-giving food)	Food that helps grow bones and muscles (eg. body-building food)	Food that helps the body fight diseases (eg, protective food)
rice, noodles, spaghetti, bread, potatoes, chocolate, butter, cream, oils, nuts	meat, eggs, cheese, milk, tofu	Most vegetables (eg, beans, peas, cucumbers, eggplants, peppers, mushrooms, cabbages) and fruit (eg, apples, peaches, oranges, lemons)

2. Ask Ss to use the table above to make a

be answered.

- (1) Which groups of food do you like best?
- (2) Which do you eat most often?
- (3) Do you think we should eat each kind of food?

Step 3. Pre-reading

1. Ask Ss to answer the following questions.

- (1) As far as you know, what food contains much sugar?
- (2) As far as you know, what food contains much fat?
- (3) As far as you know, what food contains much fibre?
- (4) As far as you know, what food contains much protein?

2. Ask Ss to discuss Ex1 of Pre-reading on P9.

3. Ask Ss to talk about the following questions.

- (1) What is an unbalanced diet?

We know that if we all like one of them very much and always eat the one alone, then we will

it an unbalanced food. Then what will

(2) What will happen if you don't eat a balanced diet?

Too thin or too fat is easy to fall ill. Have a weak body. (Too much fatty food will mean they store extra energy in their bodies. Too much body-building food may cause problems for digestion and lead to illness unless enough fibre is eaten to digestion.)

Step 4. Fast reading

Purpose: To get a brief understanding of the text.

1. Ask Ss to read the text quickly and try to get the main idea of the text.

2. Ask Ss to answer the following questions.

(1) What kind of diet do the two restaurant supply?

(2) Why was Yong Hui's restaurant so

(3) Why did Wang Peng lose his customers and what did he do?

Step 5. Intensive reading

Purpose: To get Ss to have some details in the text.

1. Ask Ss to read the text carefully and decide which sentences are true. Then correct the false ones. First read the sentences.

- 1) Wang Peng's restaurant was full of people. (T)
- 2) Yong Hui could make people thin in two weeks by giving them a good diet. (F)
- 3) Wang Peng's regular customers often became fat. (T)
- 4) Yong Hui's menu gave customers more energy-giving food. (F)
- 5) Wang Peng's menu gave customers more productive food. (F)
- 6) Wang Peng decided to compete with Yong Hui's by copying her menu. (F)

2. Let Ss read the text again and find out the

	disadvantages	advantages
Peng's restaurant		
Yong Hui's restaurant		

	disadvantages	advantages
Wang Peng's restaurant	Not giving enough food containing fiber	Provide plenty of energy food
Yong Hui's restaurant	Not giving enough energy food	Providing plenty of fiber food

3. Ask Ss to discuss the following question.
What does it matter if you only eat at one of the restaurants?

4. Arouse Ss' interest in learning Reading (Using Language). Teacher may say, “You all

will see it next period. Facing the serious he didn't quarrel with his competitor either. He went to the library to learn more about healthy eating and made his menu better than Yong Hui's menu. Do you think we should follow his example?"

Step 6. Language point

1. Wang Peng sat in his empty restaurant feeling very frustrated.

This sentence means that the second action "feeling very frustrated" happened together with the main action "sat". Pay attention to the form (v-ing) of the second action.

2. Nothing could be better.

This sentence tells us that everything has worked out the way you would like.

It's a sentence that we can use in any situation.

3. ;He couldn't have Yong Hui getting away

This sentence means that he will punish Yong Hui for her telling lies.

Step 7. Consolidation

Purpose: To discover how far Ss have understood the ideas in the reading passage.

1. What makes a balanced diet?
2. What is wrong with the diet of both Wang Peng and Yong Hui?
3. Why does it matter if you only eat at Wang Peng's or Yong Hui's restaurant?

Step 8. Homework

1. Ask Ss to retell the text.
2. Ask Ss to preview Learning about Language and the exercises of Using Words And Expressions on P49 ~50.

Period 3&4 Learning about Language

Teaching Goals:

1. To enable Ss to master some new words and expressions.

2. To get Ss to have knowledge of this grammar point: ought to

Teaching Procedures:

Step 1. Revision

1. Review the new words of this part.

2. Ask some of the students to retell the text.

Step 2. Language study

Ask Ss to go through the text, and find out the following sentences and analyze them.

1. His restaurant ought to be full of people.

2. Curiosity drove Wang Peng inside.

3. He threw down the menu and hurried outside.

4. Tired of all that fat? Want to lose weight?

Come inside Yong Hui's slimming restaurants.

5. I'll help you lose weight and be fit in two weeks if you eat here everyday.

6. It cost more than a good meal in his own

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