

## **Unit 1** Stay Healthy

# **Don't Smoke, Please!**



# Lesson 4 Don't Smoke, Please!

## 课前自主预习

单  
词  
闯  
关

1. 吸烟; 烟 smoke

2. 有害的; 导致损害的 harmful

→(v.&n.) harm

3. 法律; 法规 law

4. 危险; 风险 risk



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单	5. 公共的；大众的 <u>public</u>
词	6. whenever <u>在任何.....的时候； 无论何时</u>
闯	7. somebody <u>有人； 某人</u>
关	8. disease <u>病； 疾病</u>



# Lesson 4 Don't Smoke, Please!

短  
语  
互  
译

1. 对.....有害处 be bad for
2. 数以百万计的 millions of
3. 谈论..... talk about...
4. 养成.....习惯 get into the habit of...
5. 放弃 give up



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短  
语  
互  
译

6. as a result of 由于; 作为……的结果

7. take a risk 冒险

8. second-hand smoke 二手烟

9. stay away from... 远离……

10. be against the law 违法





# Lesson 4 Don't Smoke, Please!

1. 吸烟对你的健康有害。

**Smoking** **is** **bad** **for** your health.

句型 2. 无论何时有人给你烟，你都应该拒绝。

**Whenever** someone **offers** **you** **a** **cigarette**

在 you should always say no.

线 3. 如果你的家人吸烟，鼓励他们戒烟。

If your family members smoke, **encourage them**  
**to** **stop** **smoking**.



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句型  
在线

4. 那对他们来说将会很难，但是你应该试着解释这对他们的健康多么重要。

It will be hard for them, but you should try  
explaining how important it is for their health.

5. 你一旦染上吸烟的习惯，就不容易戒掉。

Once you get into the habit of  
smoking, it's not easy to give it up.



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## 课堂互动探究

### 词汇点睛

1 **harmful** adj. (尤指对健康或环境)有害的;  
导致损害的

[观察] Why is smoking *harmful* to people's health?

为什么吸烟对人们的健康有害?





## Lesson 4 Don't Smoke, Please!

[探究] harmful 为 形容 词，常用于短语be harmful to，意为“对.....有害”，相当于be bad for。其名词形式为harm，意为“伤害，损害”，常用于短语do harm to，意为“对.....造成伤害”。此外，harm还可以作动词，意为“伤害”，harm sb. 意为“伤害某人”。

If you smoke, you do harm to yourself.

如果你吸烟，你就是在伤害你自己。



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**[拓展]** (1)类似的由名词在后面加上-ful构成的形容词还有 careful(小心的), helpful(乐于助人的), painful(疼痛的), useful(有用的), peaceful(和平的)等。

(2)harmful的反义词为harmless。

**The plant is harmless to humans.**

这种植物对人类无害。



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## 活学活用

1. (1) Playing computer games too often   **B**   our eyes.

A. is helpful to    B. is harmful to

C. is good for    D. is bad to



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(2)2017•云南 All the people in the world wish to enjoy a beautiful and peaceful (peace) life.

(3)2017•上海 PM 2.5 does harm to people's health and the environment.(改为同义句)

PM 2.5 is harmful to/bad for people's health and the enviro-nment.





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## 2 somebody pron. 有人；某人

**[观察]** When *somebody* talks about smoking, change the topic.

当有人谈论吸烟的时候，换一个话题。

There is *somebody* at the door. 门口有一个人。



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[探究] somebody为不定代词，常用于肯定句中，其同义词是someone。somebody作主语时，谓语动词要用单(单/复)数形式。



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**[拓展]** 不定代词作主语时，谓语动词用单数形式。类似用法的不定代词有nobody(没有人), everybody(每个人), anybody(任何人)



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[辨析] somebody, anybody, nobody与everybody

词条	意义	用法
<b>somebody</b>	有人; 某人	一般用于肯定句中。
<b>anybody</b>	任何人,	一般用于否定句和疑问句中, 相当于 <b>anyone</b> 。
<b>nobody</b>	无人, 没有人	表示否定意义, 相当于 <b>not...anybody</b> 。
<b>everybody</b>	每人, 人人	相当于 <b>everyone</b> 。





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2. 2017•自贡改编 Nancy spoke in such a low voice that \_\_\_\_\_ in the room could hear her.

- A. everybody    B. somebody  
C. Nobody        D. anybody

**【解析】**考查代词用法。由空格前in such a low voice(用如此低沉的声音)可推断出，屋子里没人能听到她的声音。故选C。



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