

Unit 2 Keeping Healthy

Topic 2

Section C



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1. Learn the new words.

tomato; cabbage; staple; wheat; salt; sugar;
illness; weak; cream; ice cream; force; childhood;
plate; mad; taste; surprised; watermelon; potato;
potato chips; sandwich; strawberry; beef; biscuit; etc.

(tomato的复数形式:tomatoes potato的复数形式:potatoes .

复习 以字母**o结尾**的可数名词复数的变化规则 是:

① 有生命的加es,没有生命的加s. ;

② 黑人英雄爱吃西红柿马铃薯。 negroes, heroes, tomatoes, potatoes. .)

2. Review the expressions of giving advice.

一：用情态动词

肯定的建议

should ()

must ()

had better ()

否定的建议

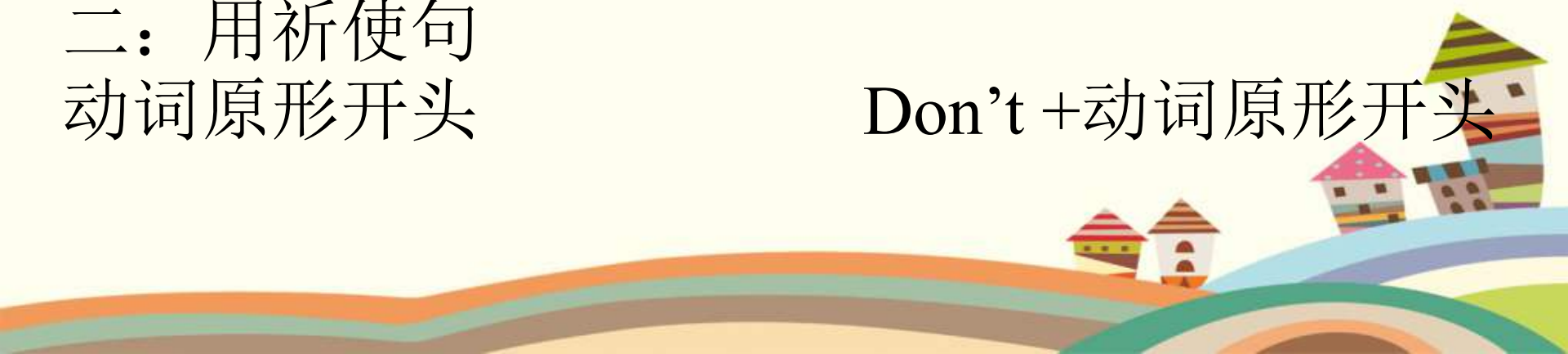
shouldn't ()

mustn't ()

had better not ()

二：用祈使句 动词原形开头

Don't + 动词原形开头



3. Tick the healthy living habits . Cross the unhealthy ones, give the reasons and advice.

(X) ① Staying up late at night.

It's unhealthy. Because enough sleep is necessary for everyone to keep healthy. So go to bed early and get up early.

(X) ② Reading in the sun.

It's unhealthy. Because it's bad for eyes. So we shouldn't read in the sun.

(X) ③ Throwing litter around.

(例:判断It's unhealthy.理由 Because it's bad for our environment. 建议 So we should put litter into the dustbin.)

(√) ④ Doing morning exercises every day.

(√) ⑤ Brushing your teeth twice a day.

(X) ⑥ Keeping fingernails long.

It's unhealthy. Because they're not clean and may hurt others. So we had better keep them short.

(X) ⑦ Playing sports right after meals.

It's unhealthy. Because it may cause stomachache. So we must have a rest after meals before doing sport.)



4. Read an article about eating habits and answer 4 questions.

Nowadays many people like fast food.

Fast food(快餐) comes very quick and saves a lot of time. It has different ways of cooking, so it looks nice and tastes delicious.

But most fast food is junk food(垃圾食品). It has so much sugar and meat that it makes us fat easily. And we may have heavy weights(体重), high blood pressure(血压) and bad teeth.

Doctors suggest that people should eat less junk food. The mothers cook delicious meals at home. They will make us have a healthy body.

So **welcome home for a meal!**

① What's fast food(什么是快餐)?

Para.2

② What's junk food(什么是垃圾食品)?

Junk food has so much sugar and meat that it makes us fat easily.

③ Is junk food equal to fast food(垃圾食品等同于快餐吗)?

No, it isn't. But most fast food is junk food.

④ What can we learn from this article(这篇短文我们可以学到什么)?

We should eat healthy food./Listen to mother's words./Go home for meals often.

5. Divide the food words from the new words list into different groups and add some more.

一: healthy food:

Vegetable(s): tomato, cabbage, potato, pumpkin

Fruit(s): watermelon, strawberry, apple, banana, pear, orange, grape

Staple: wheat, rice, noodles, bread, dumplings

Other: egg

※※unclassified (未归类的):

Meat: beef, chicken, fish, pork

Drink: milk, water, coke, tea, juice, honey, beer, wine, coffee

Sweet(s): sugar, ice cream, candy, chocolate, cake, moon cake

二: unhealthy food:

Junk food: potato chips, sandwich, biscuit, hamburger,
too much meat, sweets, some drink, KFC, Mcdonald's



6. Learn the new text: *What (Mothers Said) to Eat*

一： Scan and outline the story:

children	food	mothers	reasons
Kangkang	too much salt or sugar	his mom()	illness
Maria	too much candy or ice cream	her mom()	weak teeth
Jane	milk	her mom()	healthy
Michael	many vegetables and fruits	his mom()	healthy

二： Master the phrases and useful expressions in the text.

tell/ask sb. to do; too much; take care of; for example/ such as; **force sb. to do**; leave for; a glass of; keep healthy/fit; **as soon as**; get mad; **make sb. do**; **be surprised to do**.



Key points

1. Her mother always forced her to drink it.

force sb. to do sth. 强迫某人做某事

Eg: 这老板常常强迫工人工作12小时。

This boss often forces the workers to work for 12 hours.

2. As soon as Michael saw it, he got mad.

as soon as 一……就…… (引导时间状语从句)

Eg: 我一到北京就打电话给你。

I will call you as soon as I get to Beijing.



Key points

3. His mother made him taste it.

make sb. do sth. 使某人做某事

Eg: 妈妈总是让我学习英语。

My mother always makes me study English.

4. He was surprised to find that it was delicious.

be surprised to do sth. 对做某事很惊讶

Eg: 她很惊讶地发现她的新自行车不见了。

She was surprised to find that her new bike was lost.



7. Four students write down their meals on blackboard and the class **discuss** whether they are healthy or not. If not, give the **reason** and **advice**.

范例： I usually have _____ for my breakfast.

I usually have _____ for my lunch.

I usually have _____ for my supper.

(判断His/Her **meals**/breakfast/lunch/supper **are**/is unhealthy.

理由①He/She eats too much sugar/meat或某食物

②某食物is junk food, it's bad for his/her health.

建议He/She should/must/had better eat more某食物

and less 某食物).



8. **Mark** healthy(H) or unhealthy(U), And **sum up** how can we have healthy eating habits according to the following three habits.

(**U**) ① Going to school without breakfast.

(**U**) ② Eating the food what you like only.

(**U**) ③ Eating too much junk food.

We should have healthy/good eating habits.

First, **we should have regular meals.**

Second, **we had better eat different kinds of food.**

Third, **we mustn't eat too much junk food.**



Homework

Write a short passage with the title

We Should Have Good Eating Habits.

- (1) Memorize the English names of food.
- (2) Read through Section A-C to prepare for Section D after class.



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