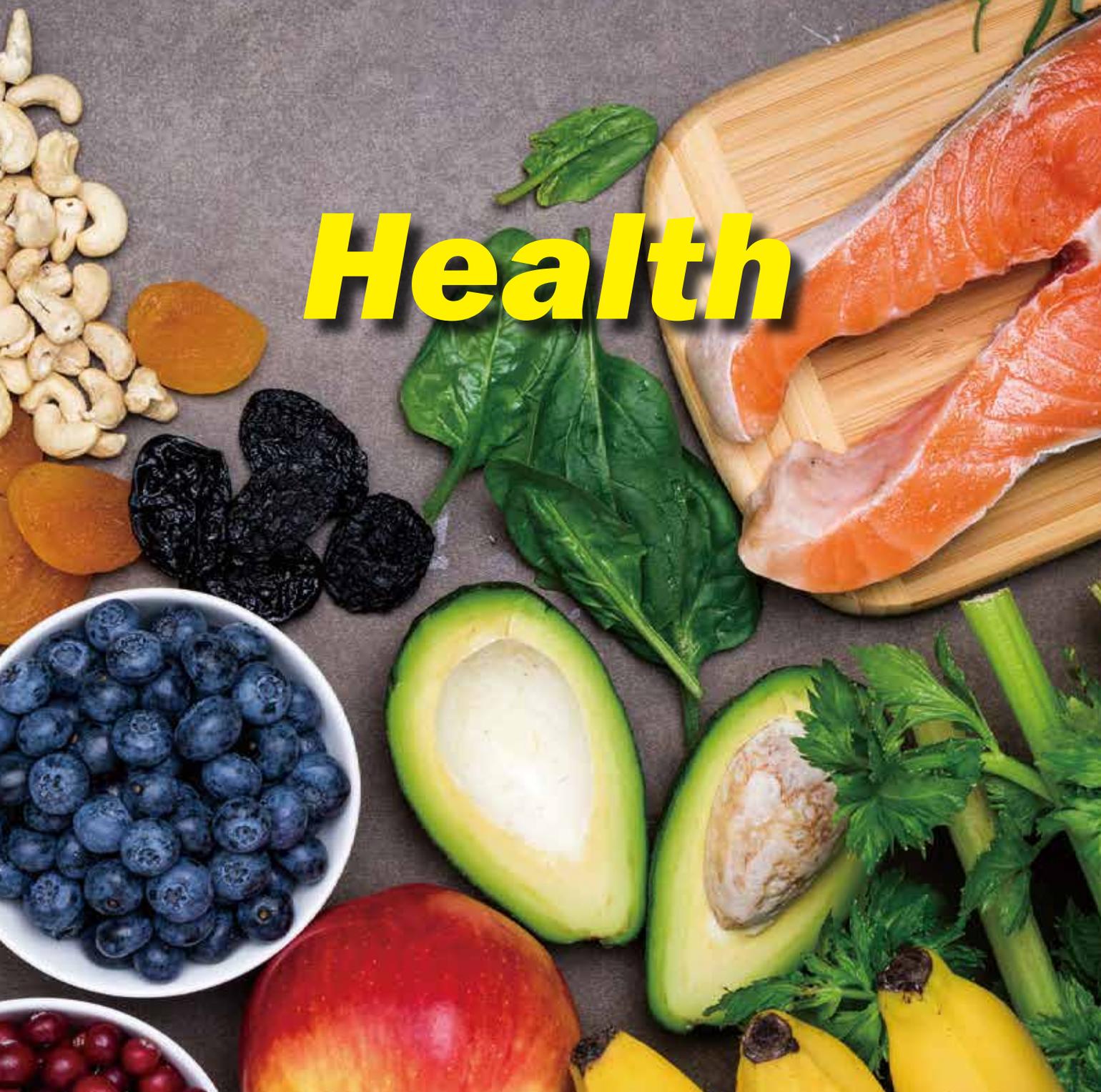


C

Health



FOCUS

A. Match the words from the box with the pictures.

apples | broccoli | cauliflower | cucumber | eggs | grapes | kiwis
oranges | peas | peppers | fish | tomatoes | bread | pork | cabbage
bean curd | beansprouts | duck | chicken | shrimps





B. Write the food above in the correct columns. Try to add more food to each column.

Fruit and vegetables	Meat, fish, and poultry	Others

C. Read the model dialogue with a partner. Then make your own dialogue by replacing the coloured parts in the model dialogue. Words in B can help you.

A I'd like **some chicken** today.

Oh no! **We had chicken two days ago**. Let's have **fish**. That's healthy. B

A Yes, I know. But I don't like **fish**. Why don't we have **steak**, then?

OK, that's fine. Let's have **steak** instead of **chicken** or **fish**. B

A And let's have **potatoes** and **broccoli** with it.

That sounds good. B

A

Reading: People and Issues

BEFORE READING

1. Do you think you have a healthy lifestyle?
2. What do you do to stay healthy?

Maintaining Health in China

c.1

1 “Maintaining health” is the practice of trying to live a long and healthy life. This can be done by staying fit or by trying to avoid getting ill.

2 China has a long history of practising healthy living. Zhuangzi said in *Book of Changes*¹ that you should practise healthy living on a daily basis because you should always try to be a better person, in every way, including physical health. 5

3 Traditional Chinese medicine has a unique approach to health, which includes the principles of Yin and Yang, the Five Elements, and other theories. It focuses on the prevention of disease and believes that by doing so, one can live long.

4 Traditional Chinese medicine uses a lot of herbal medicines. There are more than 10,000 different kinds of Chinese herbal medicines, each one with its own special function to keep people in good health. For example, ginseng² can make you more energetic and can cure a cough. Another famous, ancient method for people to keep healthy is Tai Chi. It is a method where people use hand and body movements to keep strong. 10

5 As a country famous for its food, the Chinese also emphasise maintaining a nutritional balance through healthy eating. This is still practised in China today as much as ever. For example, ginseng chicken soup is widely known to be a healthy, medicinal dish. It is also believed that you can keep your body balanced and healthy through a 15

1 《易经》

2 人参

balanced diet of different kinds of food. You should never eat too much of one thing, but should try to have a little bit of everything. That's why Chinese parents have always taught their children not to be picky eaters.

6 Another part of maintaining good health in modern-day China, especially with younger people, is going to the gym. It has almost become a fashion or a way of life for younger people to keep fit by going to the gym and relieving stress.

7 Everybody wants to live a long and healthy life, and people are always interested in what other nations are doing. This can perhaps explain why, on the one hand, many imported health foods have become popular in China, such as Nutrilite¹ supplements and energy bars², and on the other hand, those traditional Chinese methods of keeping healthy, such as Chinese medicine and acupuncture, have gone global.

(388 words)

Words and Expressions

maintain /mem'tein/ *vt.* 保持, 维持

avoid /ə'vɔɪd/ *vt.* 避免, 防止

on a daily basis 每天

including /ɪn'klu:dɪŋ/ *prep.* 包括……在内

physical /'fɪzɪkəl/ *adj.* 身体的, 肉体的

approach /ə'prəʊtʃ/ *n.* 方法, 途径

theory /'θiəri/ *n.* 学说, 理论

include /ɪn'klu:d/ *vt.* 包括, 包含

focus on 集中于, 特别关注

prevention /prɪ'venʃən/ *n.* 预防, 防止, 阻止

disease /dɪ'zi:z/ *n.* 疾病

herbal /'hɜ:bəl/ *medicine* 草药

function /'fʌŋkʃən/ *n.* 功能, 作用

energetic /,enə'dʒetɪk/ *adj.* 精力充沛的, 充满活力的

cure /kjʊə(r)/ *vt.* 治愈

method /'meθəd/ *n.* 方法

emphasise /'emfəsaɪz/ *vt.* 强调

balance /'bæləns/ *n.* 平衡

widely /'waɪdli/ *adv.* 广泛地, 普遍地

medicinal /mə'dɪsənəl/ *adj.* 有疗效的, 有药效的

balanced /'bælənst/ *adj.* 均衡的, 协调的

diet /'daɪət/ *n.* 日常饮食

picky eater 挑食的人

modern-day /,mɒdn'deɪ/ *adj.* 现代的, 当代的

especially /ɪ'speʃəli/ *adv.* 尤其

gym /dʒɪm/ *n.* 体育馆, 健身房

supplements /'sʌplɪmənt/ *n.* 补充(物), 添加物

acupuncture /'ækjʊ,pʌŋktʃə(r)/ *n.* 针灸

1 世界上最大的综合性营养保健品公司之一

2 一种营养零食

6. What do the different kinds of Chinese herbal medicines do?
- A. You can buy them.
 - B. They have different functions.
 - C. People take them to have a balanced diet.

Working with Words

A. Fill in the blanks with the proper form of the coloured words.

1. I buy my **herbs** in a shop that sells _____ medicine.
2. All around the **globe**, people are trying to stay fit and now even Tai Chi has gone _____.
3. I am not sure if you can call ginseng a **medicine**, but I am sure it has _____ uses.
4. The doctor _____ the importance of balanced meals, placing particular **emphasis** on eating a variety of fruits and vegetables.
5. My father is still so _____. I don't know where he gets the **energy** from.
6. It is important to eat a(n) _____ diet so that your body can stay in **balance**.
7. When I ask my son what he wants for dinner, he never **picks** vegetables because he is a very _____ eater.
8. Every **day**, sometimes in the morning and sometimes in the afternoon, my mother does her _____ exercises in the park.

B. Replace the coloured words or expressions with those from the text.

1. My aim is to live and eat healthily _____ | **every day**.
2. My mother thinks that _____ | **stopping** of a problem before it appears is better than fixing it later.
3. It is important to _____ | **keep** a physical balance.
4. Practising yoga is becoming a new _____ | **popular way of life** in this country.
5. Fast food, like McDonald's, is not a healthy _____ | **food** if you eat it too often.
6. Young people in _____ | **today's** world are interested in going to the gym and getting fit.
7. The gym is also a good way to help _____ | **reduce** stress.
8. Different _____ | **countries** have different methods to stay healthy.

B

Reading: Personal View

Body Matters

c.3

BEFORE READING

Choose one of the pictures and describe it to a partner in detail.

USEFUL EXPRESSIONS

in the foreground/background
on the left/right,
there are/is ...
I can see ...

Fitness trainer and writer Frank Sutton sees a lot of unfit people at the fitness centre where he works, and many of them are people in their teens or even younger. Here, he has some advice for his younger readers and their parents.



New York City Marathon



Tai Chi

1 It's Monday morning. At school, you're walking upstairs 5
to your first lesson. You are talking with two of your friends
about a good Clint Eastwood film you saw on TV last night.
But after you climb the stairs to your classroom, you're out of
breath and have to stop talking. You're so glad to reach your
classroom on the third floor. 10

2 What's going on?

3 You don't smoke, you don't drink alcohol, and you're 15
not really overweight. You always thought you were fit and
healthy. But one thing is certain: you're not. Research in the
UK shows that you're not getting enough "extreme exercise",
especially if you're a girl. The average 50-year-old British man
is probably fitter than the average 15-year-old British girl.

4 But what is “extreme exercise”? It is any activity that increases your heart rate and the amount of oxygen that your muscles burn. Fitness experts say that just twenty minutes of extreme exercise a day is enough. It improves your health, keeps your weight down, reduces stress, and helps you sleep better. Of course, you still have to eat the right amount of the right food to keep fit.

20

5 Now, don’t think that this means that you must become a fitness fanatic and give up everything you enjoy in life. You don’t have to do a sport like long-distance running or mountaineering, and you really do not have to buy an expensive fitness machine. You don’t even need to go to a fitness centre.

25

6 Here are three simple activities that anybody can do. Firstly, cycle to school. If this is not possible, then try to use your bike whenever you can. Secondly, if you go to school by bus, why not get off the bus two or three stops early and walk the rest of the way? Finally, never use lifts or moving staircases; use the stairs.

30

35

7 The alternative — minimal activity — is not good. Although teens think they’ll live for ever, experts say that young people who are unfit may have serious health problems like a bad heart later in life.

40

8 So, when are you going to get active? Today?

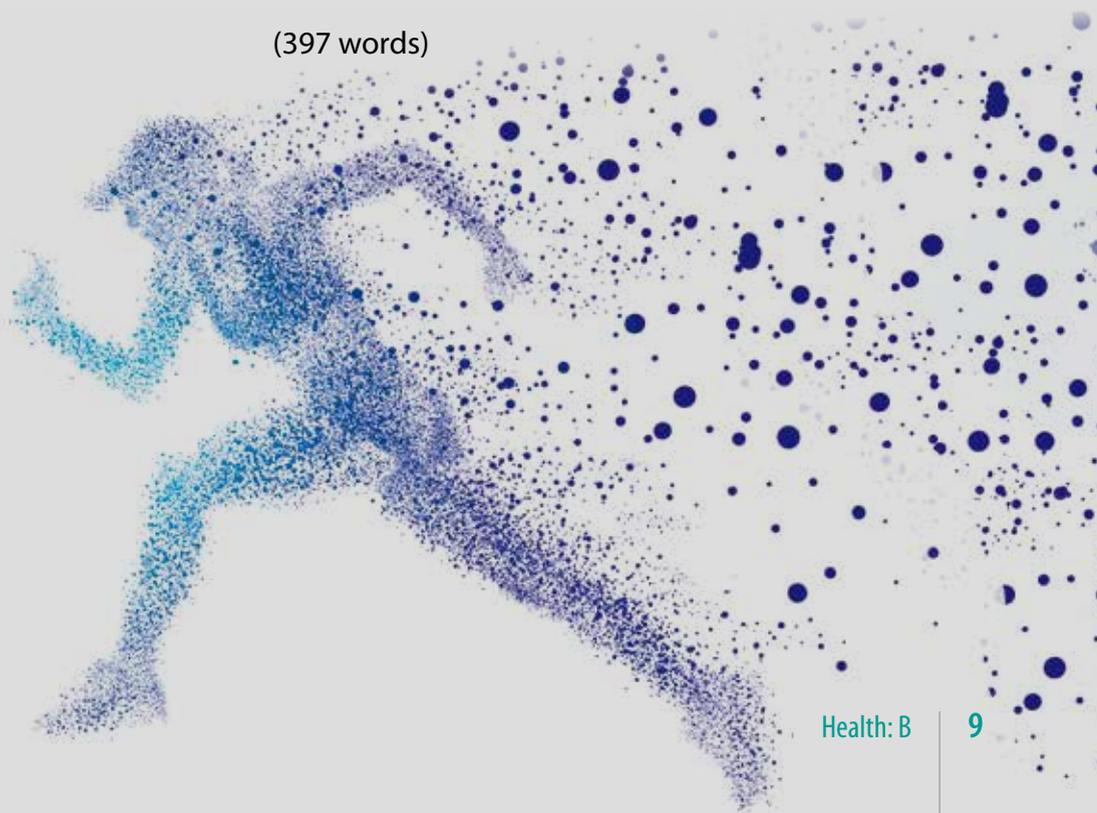
(397 words)



Tourists on a mountaineering holiday



Fitness machines in a fitness centre



Words and Expressions c.4

fitness /'fɪtnɪs/ *n.* 健康

fitness centre 健身中心

teen /ti:n/ *n.* 十多岁, 青少年

out of breath 上气不接下气地

heart rate 心跳频率

oxygen /'ɒksɪdʒən/ *n.* 氧气

marathon /'mærəθən/ *n.* 马拉松

fanatic /fə'nætɪk/ *n.* 狂热者

long-distance running 长跑

cycle /'saɪkəl/ *vi.* 骑自行车

secondly /'sekəndli/ *adv.* 其次, 第二

moving staircase 自动扶梯

minimal /'mɪnɪməl/ *adj.* 最少的

fitness machine 健身器械

unfit /ʌn'fɪt/ *adj.* 不健康的

reader /'ri:də(r)/ *n.* 读者

upstairs /ˌʌp'steəz/ *adv.* 向楼上, 在楼上

overweight /ˌəʊvə'weɪt/ *adj.* 超重的

the UK (the United Kingdom) 联合王国, 英国

amount /ə'maʊnt/ *n.* 数量

mountaineering /ˌmaʊntɪ'nɪəriŋ/ *n.* 登山, 登山运动

give up 放弃

alternative /ɔ:l'tɜ:nətɪv/ *n.* 选择对象

stairs /steəz/ *n.* 楼梯

Looking at the Text

A. Answer the questions.

1. Who is Frank talking to?

2. How much extreme exercise is necessary to keep fit?

3. How does extreme exercise help people?

4. What sort of sport is NOT necessary?

5. What is the danger of “minimal activity” when you are young?

- B. Write a summary of Frank’s article with the answers from A. Use the expressions from the box. The beginning has been given to you.**

USEFUL EXPRESSIONS

- In his article, Frank Sutton is speaking/talking to ...
- He begins/opens/starts by defining/telling readers what ...
- He then goes on to describe/point out/say that ...
- However, he emphasises/stresses that ...
- Frank concludes/ends (his article) by telling readers that ...

In his article, Frank Sutton is talking to younger people, especially girls who are not getting enough extreme exercise. He begins by telling people what extreme exercise is. ...

Working with Words

Find words or expressions in the text that fit the definitions below.

1. not being able to get enough oxygen: _____
2. the different levels of a building: _____
3. weighing too much: _____
4. not being ill or in bad health: _____
5. You need to breathe this to survive: _____
6. a race about 42 kilometres: _____
7. a noun form of “(to) act”: _____
8. speed that the heart works at: _____
9. to become better: _____
10. to make something become less: _____
11. a person who knows a lot about a subject: _____
12. You can use these to move between floors of a building and get fit: _____

C

Listening and Speaking

Listening 1



Tai Chi for Young People

Listen and fill in the missing words.

1. The speaker talks about the _____ of Tai Chi for young people.
2. Many teenagers suffer from _____, depression, and low self-esteem.
3. For these teenagers, regular Tai Chi practice helps them realise that they are in charge of how they _____ to what is going on around them.
4. The practice of Tai Chi gives the teenagers who do it _____.
5. According to one study, teenagers who do Tai Chi said they felt more _____.
6. Another benefit of doing Tai Chi regularly is that it improves mental _____.
7. For teenagers, Tai Chi is an extremely _____ workout.
8. As the teenagers move through the slow-motion movements, their minds become _____.
9. Tai Chi is also great for _____, flexibility, and coordination.
10. Tai Chi can prevent _____ by improving the body's natural healing powers.



Words and Expressions

anxious /'æŋkʃəs/ *adj.* 焦虑的

accepted /ək'septɪd/ *adj.* 被接受的

anxiety /æŋ'zaiəti/ *n.* 焦虑

depression /di'preʃən/ *n.* 沮丧

self-esteem /,selfi'sti:m/ *n.* 自尊

in charge of 掌控; 负责

confidence /'kɒnfɪdəns/ *n.* 信心

moreover /mɔ:'rəʊvə(r)/ *adv.* 此外, 而且

concentration /,kɒnsən'treɪʃən/ *n.* 专注

loosen /'lu:sən/ *vi. & vt.* 放松

workout /'wɜ:kaut/ *n.* 锻炼

additionally /ə'dɪʃənəlɪ/ *adv.* 此外

coordination /kəʊ,ɔ:di'neɪʃən/ *n.* 协调性

healing /'hi:lɪŋ/ *n.* 康复

Listening 2

 c.7

At the Chemist's

Lisa Kent is at the chemist's. She has a prescription for some antibiotics. Read the dialogue and try to complete it with the missing words or expressions from the box. Then listen to the recording to check your answers.

after meal | packs | prescription | effective | three tablets
prescription charge | back pain

Ben Good morning. Can I help you?

I'd like to hand in this **1.** _____, please.

Lisa

Ben Certainly. Just a minute, please. ... Here you are. Take **2.** _____ a day **3.** _____.

OK, thank you.

Lisa

Ben Just a moment, please. There's a **4.** _____ of £5.

Oh, of course. Sorry about that.

Lisa

Ben That's OK. Can I get you anything else?

Well, yes. Do you have a painkiller for **5.** _____, please? It's for my grandfather.

Lisa

Ben Mobilita 600 is very **6.** _____ against back pain. It comes in **7.** _____ of 10 or 20 tablets.

Oh, ten will be fine. Thanks.

Lisa

Ben OK, then. That'll be £8.85 altogether, please. £5 prescription charge and £3.85 for the painkillers.

 c.8

Words and Expressions

chemist /'kemɪst/ *n.* 药剂师, 药房
pack /pæk/ *n.* 小包, 小盒
tablet /'tæblɪt/ *n.* 药片

altogether /,ɔ:ltə'geðə(r)/ *adv.* 总共
prescription /prɪ'skrɪpʃən/ *n.* 处方
effective /ɪ'fektɪv/ *adj.* 有效的

Listening 3



Around the Fitness Centre

Frank is showing Linda around the fitness centre. Match the two columns of sentence parts to make correct sentences. Then listen to the dialogue to check your answers.

Frank shows Linda around	1	a	for the floors and fitness machines.
Frank and Linda start their tour	2	b	fitness rooms with clean shoes.
People have to check in	3	c	every time they come to the centre.
You can only get to the fitness rooms	4	d	from the reception area.
People can only go into the	5	e	the centre.
Dirt can be a real problem	6	f	through the locker rooms.

Speaker icon with 'c.10' indicating audio duration.

Words and Expressions

check in 到达并登记

locker room 衣帽间, 更衣室

Speaking

Physical Activities at School

Do you think that schools should make students do more physical activities and eat healthy food? Practise the dialogue with a partner.

Student A

Student B

Say that you think schools should make the students do more physical activities.

You disagree. You think schools should not be responsible for physical activities.

You disagree. Say that you think students don't have many opportunities to do physical activities after school.

Say that you think students who want to do a physical activity can do it in fitness centres.

Suggest that perhaps your partner thinks a personal trainer would be a good idea.

Say that it is a silly idea, but that there are cheaper ways of getting fit if students want to. Make some suggestions.

Ask your partner if he/she thinks that students eat too much unhealthy food.

Say that everybody should make their own decisions in life and that starts with what they eat.

Listening and Speaking

At the Doctor's

c.11 A. Listen to the dialogue and fill in the blanks with what you have heard.

Doctor Good afternoon. Now, what seems to be the problem?

I have **1.** _____ **Patient**

Doctor How long have you had **2.** _____?

It's been about **3.** _____ **Patient**

Doctor Are you taking anything for it?

I've **4.** _____ but it doesn't seem to help. **Patient**

Doctor I'm going to give you a prescription for **5.** _____
_____. I want you to **6.** _____ a day.
You should also **7.** _____. And
it's important to **8.** _____.
Come back next week if it doesn't get better over the next
few days.

B. Work with a partner. Make up dialogues for the three cases below. You can replace the underlined parts in the dialogue of A with the information given below.

Case 1

Problem: Heat rash

How long: About five days

Previous treatment: You have put some cream on it.

Prescription: A special skin cream. Apply three times a day.

Extra advice:

- Avoid scratching your skin.
- Use as little soap as possible.

Case 2

Problem: Diarrhoea

How long: Three days

Previous treatment: You have taken some pills.

Prescription: Some medicine. Take twice daily.

Extra advice:

- Drink plenty of liquid.
- Avoid foods containing milk.

Case 3

Problem: A deep cut on the thumb

How long: You cut yourself this afternoon.

Previous treatment: None

Prescription: An ointment. Apply three times daily.

Extra advice:

- Wash carefully with soap.
- Keep dirt out of it.

 c. 12

Words and Expressions

rash /ræʃ/ *n.* 疹子

ointment /'ɔɪntmənt/ *n.* 油膏

skin /skɪn/ *n.* 皮肤

heat rash 痱子

treatment /'tri:tmənt/ *n.* 治疗

pill /pɪl/ *n.* 药片

contain /kən'teɪn/ *vt.* 包含

carefully /'keəfəli/ *adv.* 仔细地

cream /kri:m/ *n.* 乳霜

apply /ə'plai/ *vt.* 使用

scratch /skrætʃ/ *vt. & vi.* 抓, 挠

soap /səʊp/ *n.* 肥皂

previous /'pri:vɪəs/ *adj.* 以前的, 早先的

diarrhoea /,daɪə'riə/ *n.* 腹泻

liquid /'lɪkwɪd/ *n.* 液体

thumb /θʌm/ *n.* 拇指

dirt /dɜ:t/ *n.* 污垢, 灰尘

Viewing

D

Taking the Lift or the Stairs?



- A.** Before you watch, think about ways of getting fit. Talk with a partner.
- B.** Watch the video and tick (✓) the correct words or expressions to complete each sentence you have heard.
1. If the lift doesn't come soon, we will be late for the meeting | the conference.
 2. Why don't we just wait for the lift | take the stairs?
 3. I'm over 15 | 50 years old.
 4. Well, let's just wait 2 | 5 minutes.
- C.** Complete the sentences with the words in the box. Then watch the video again and check your answers.

briefcase

choice

complaining

general

gym

fourth

healthier

week

1. You know how angry the _____ manager gets when people are late.
2. The boardroom is on the _____ floor.
3. But didn't you say last _____ the doctor told you to do more exercise?
4. You are always _____ that you're not fit.
5. You told me yesterday you want to join a _____.
6. My doctor said the average 50-year-old is _____ than most young people.
7. But I have this heavy _____ with lots of papers in it for the meeting.
8. I don't suppose we have any other _____.

c. 13

Words and Expressions

general manager 总经理

boardroom /'bɔ:dru:m/ n. (董事会等的) 会议室

complain /kəm'pleɪn/ vi. & vt. 抱怨

briefcase /'bri:fkets/ n. 公文包

E

Writing

Emails about Fitness Facilities

- A.** Joe Maxwell, an American exchange student from Texas, is going to stay with you for a month and he has written you this email. Put the pieces of Joe's email back into the right order. Write it on your exercise book.

Have you got any suggestions?

I really need to keep training while I'm with you in (*your city*).

All the best and looking forward to coming to China,

That's because I'm taking part in the pentathlon in the Texas State High School Championships soon after I get back home. This means that I have to do some general fitness training every day. It would also be great if there's somewhere in (*your city*) where I can train for the different pentathlon events — running, riding, swimming, shooting, and fencing — or at least some of them.

From: Joe Maxwell
<joe.maxwell@texnet.com>

Hi (*your name*), Joe

Sent: Wednesday, 10 May 2023, 11:18

Subject: My trip to China

To: (*your name*) <(your name)@21cn.com>

- B.** Write an email to Joe with your ideas. There is language help in the box. Do it on your exercise book.

USEFUL EXPRESSIONS

You can do some general fitness training at ... | I think you should be able to train for ... at ... | You could try ... | I'm not sure about riding or shooting or fencing in ... (*your city*) because ...

To: Joe Maxwell <joe.maxwell@texnet.com>

Subject: Your trip to China

Hi, Joe,

I've had a good think about places for you to train and here are a few ideas.

...



Project: Telling China's Stories

A group of ten American students is visiting your school for a week. Your school wants to make a Chinese meal for them. You and your friends have to organise the food and drinks and write a menu. Use the Internet for help if necessary.

INSTRUCTIONS

- Work in groups of four. Two students plan the starters and drinks. The other two plan the main courses: three different dishes, one of which must be a vegetarian dish.
- The English name of a Chinese dish may not be easy for Americans to understand. You must be able to explain the main ingredients to them.
- Write the menu and present it to the rest of the class. Say why you chose the dishes.

Grammar Check

Prepositions

A. Fill in the missing prepositions or prepositional phrases.

1. John has an appointment _____ the dentist _____ 4 o'clock.
2. What is the difference _____ "entertainment" and "hobbies"?
3. What _____ going _____ the Shanghai Museum? It's open _____ 5 o'clock in the afternoon.
4. Eat fish and chicken _____ steaks. Eat plenty _____ fruit and vegetables.
5. When people feel that they are not _____ their lives, they can suffer _____ burnout.
6. Supermarket managers are good _____ making people buy more.
7. _____ the mid-1990s, online sales have been increasing _____ over 25% _____ year. Last year goods and services _____ \$93 billion were bought online.
8. Everywhere _____ even a small attraction will be full _____ tourists _____ the national holidays. Tourist sights in Beijing will be full, _____ shopping centres. So my advice is: just stay _____ home.

B. Complete each of the following sentences using an appropriate preposition.

1. What's the weather _____.
2. This year we spent our holiday in the same place as you went _____.
3. He has so much to worry _____.
4. He has a lot of children to look _____.
5. When I was young, I always wanted a brother or sister to play _____.
6. I've got the book you told me _____.

Appendix: Grammar Notes

C

Prepositions (介词)

一、简单介词和复杂介词

介词就其构成来说分为简单介词和复杂介词。

1. 由一个词构成的介词叫简单介词，又叫单词介词（如 at、in、of、on、to、for、from、with、without、like、worth、per）。简单介词总共有 100 来个。简单介词往往一词多义，尤其常用介词在不同搭配中有不同含义和用法，千差万别，难以简单说明。

2. 由两个或两个以上词构成的介词叫复杂介词，有人干脆按组成词数目把复杂介词分为双词介词（如 because of、along with、instead of、out of、away from、according to、close to、near to、rather than）、三词介词（如 in front of、in control of、as well as）和四词介词（如 at the front of、at the back of、at the end of）。复杂介词有多少？尚无定论。复杂介词的含义和用法远远没有简单介词，尤其常用介词，那么复杂。

二、介词短语的构成和句法功能

介词不能单独使用，必须跟有后续成分（即介词“宾语”）构成介词短语才能充当句子成分或短语成分。介词的后续成分最常见的是 [1] 名词、[2] 代词、[3] 数词、[4] 动名词，例如：

[1] You | are wanted | on the phone. 有你的电话。

[2] Tom | closed | the door | behind him. 汤姆随手把门关上。

[3] He | was born | at 7 in the morning. 他是早晨七点出生的。

[4] She | is | good at cooking. 她擅长烹饪。

三、关于句尾介词

句尾介词，顾名思义，是指不置于“介词宾语”之前的、拖至句尾才出现的介词。句尾介词在日常口语中是一种常见现象，常见于以下句式：[1] 问句（直接问句或间接问句）、[2] 定语从句、[3] to-不定式作“定语”的句子。各举一例如下：

[1a] Where are you from? 你是哪里人？

[1b] I don't know what you are talking about. 我不明白你在说些什么。

[2] This is the very song I am fond of. 这正是我喜爱的歌曲。

[3] He has no money to buy with. 他没有钱买东西。

老的语法书里有一条规定：Never end a sentence with a preposition.（切勿以介词结束句子。）有人把这条不足为训的规定故意说成 Never use a preposition to end a sentence with，让人一笑。