# 话题一: 健康

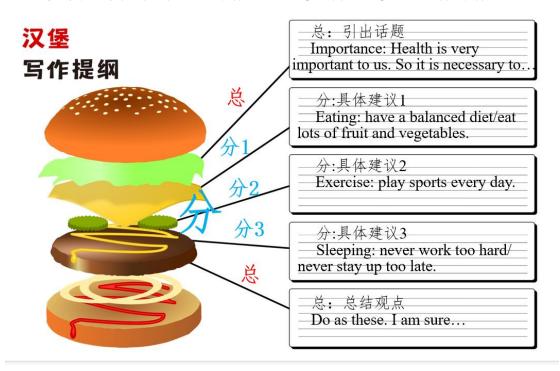
对应教材新目标人教版八下: Unit 1What's the matter?

#### 一、话题分析

本单元以谈论"健康与急救(Health and first aid)"为话题,针对健康与安全等问题,利用本单元学习的情态动词 should 等提出简单的建议。

# 二、写作模板

该话题可以采用汉堡写作法("总一分一总")进行写作、



# 三、素材积累

### 1.健康与急救的常用词汇:

healthy important necessary doctor keep fruit sleep lie down strong exercise stay up feel sick have a good rest go to hospital take breaks give up be in control of

## 2.健康与急救的常用句型:

#### 开头句

1.It is necessary for us to keep healthy.对我们来说保持健康是必要

的。

2. It is true that health is the first step to success.的确, 健康是成功的第一步。

#### 中间句

- 1.We should have a healthy diet.我们应该有健康的饮食。
- 2. Remember to have meals on time and eat more vegetables and fruit.记得按时吃饭,多吃蔬菜和水果。
- 3.And you should also say "No" to junk food.你也应该对垃圾食品说"不"。
- 4.It is necessary to take some exercise every day.有必要每天进行一些锻炼。
  - 5. Give up bad habits like staying up too late.改掉熬夜等坏习惯。 结尾句
- 1.Keeping healthy is the most important thing in the world.保持健康是世界上最重要的事情。
- 2.It's easy to have a healthy lifestyle, and it's important to keep a healthy diet.拥有健康的生活方式很容易,保持健康的饮食也很重要。

#### 名言警句

- 1. Health is wealth.健康就是财富。
- 2. Happiness lies, first of all, in health 幸福首先在于健康。

四、写作任务

请结合你了解的健康知识,写一篇题目为"The Ways to Keep Healthy"的短文。注意:(1)语言表达要准确,内容要客观(2)80 词左右。

参考词汇: balanced diet 均衡的饮食;stay up 熬夜