

话题一：健康

对应教材新目标人教版八下：Unit 1 What'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、

汉堡 写作提纲



总：引出话题
Importance: Health is very important to us. So it is necessary to...

分：具体建议1
Eating: have a balanced diet/eat lots of fruit and vegetables.

分：具体建议2
Exercise: play sports every day.

分：具体建议3
Sleeping: never work too hard/never stay up too late.

总：总结观点
Do as these. I am sure...

三、素材积累

1.健康与急救的常用词汇：

healthy important necessary doctor keep fruit
strong exercise sleep stay up feel sick lie down
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