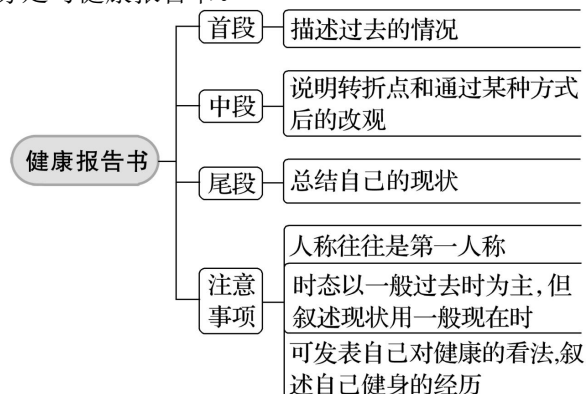


Writing——有关健康的说明文

本单元的写作任务是写健康报告书。



一、亮点词汇

1. keep fit 保持健康
2. unhealthy/unfit *adj.* 不健康的
3. healthy diet 健康饮食
4. unhealthy eating habit 不健康的饮食习惯
5. good living habits 良好的生活习惯
6. build up one's body 强身健体
7. take exercise 进行运动
8. physical exercise 身体锻炼
9. go for a run 跑步
10. work out 锻炼
11. physical/sports activities 体育活动
12. in one's spare time 在某人空闲时
13. play on the school football team 在校足球队踢球
14. the most popular sports 最受欢迎的运动

二、常用表达

1. 首段常用句式

In the past, I was...

I used to do/be...

I always/often do...

I was worried about...

Recently I have been concerned about...

What bothers me is that...

2. 中段常用句式

I read an article that told me that...

I saw a programme that showed...

A doctor recommended that...

Instead of doing..., I would do...

I tried to do the following things.

I took part in...

3. 尾段常用句式

Now, I became both happier and more confident than before.

At present, not only am I healthier than before, but also I become happier.

Thanks to my effort, I...

I am more than happy to see the improvements in...

■ 示例·分步写作

假如你叫 Linda，过去一直因为身体瘦弱，经常生病而苦恼。后来朋友建议你跟她一起参加健身俱乐部，每天适量锻炼并持之以恒。在俱乐部其他成员的鼓励下，你现在不仅身体健康了，而且更加活泼开朗了。

注意：1.词数 80 左右；

2. 开头已给出，不计入总词数；

3. 可以适当增加细节，以使行文连贯。

核心词汇（含本单元词汇）

1. 瘦的，纤细的 slim
2. 健壮 healthy and strong
3. 参加俱乐部 join a club
4. 与.....相比较 compared with/to
5. 而不是 rather than
6. 有影响 make a difference
7. 苦恼的 annoyed
8. 均衡的饮食 a balanced diet
9. 适量运动 take a proper amount of exercise
10. 增强体质 build up strength

连词成句（含本单元句型）

1. 我过去很瘦并且经常生病，我对此很苦恼。

I used to be very slim and often fell ill and it made me annoyed.

2. 我的一个朋友建议我参加一个健身俱乐部。(recommend sb to do...)

One of my friends recommended me to join a health club.

3. 在这个俱乐部里，我每天坚持做适量的锻炼。

In the club, I kept taking a proper amount of exercise every day.

4. 此外，与过去相比，我有更加均衡的饮食。

In addition, compared with the past, I have a more balanced diet.

5. 我的汗水起了很大作用。

My sweat made a great difference.

6. 现在我宁愿经常去健身房而不是去医院。

Rather than go to hospital, I would go to the gym regularly now.

7. 经常锻炼身体极大地增强了我的体质。

Working out regularly has built up my strength greatly.

第三步 句式升级

1. 把第 1 句升级为定语从句。

I used to be very slim and often fell ill, which made me annoyed.

2. 把第 2 句改为应用虚拟语气的宾语从句。

One of my friends recommended that I should join a health club.

第四步 组句成篇

用适当的过渡词语，把以上词汇和句式，再加上联想内容，组成一篇 80 词左右的英语短文。

范文展示

I am Linda. I used to be very slim and often fell ill, which made me annoyed.

One of my friends recommended that I should join a health club. In the club, I kept taking a proper amount of exercise every day. In addition, compared with the past, I have a more balanced diet. My sweat made a great difference. Rather than go to hospital, I would go to the gym regularly now. Working out regularly has built up my strength greatly.

Not only am I healthier but also I have become more confident.

【读后续写】情感描写之积累与练习（2）感动与感激

【高级语块】

1. be moved to tears 感动得流泪
2. touch one's heart 触动某人的心
3. with gratitude 感激地
4. owe a great debt of gratitude to sb. 对某人感激不尽
5. be overwhelmed with gratitude 感激不尽
6. shed tears of gratitude 流下感激的泪水
7. be deeply moved/touched by... 被……深深感动
8. be touched beyond words 感动得说不出话来
9. have a deep sense of gratitude towards sb. 对某人深怀感激
10. thank sb. from the bottom of one's heart 从内心深处感激某人

【高级句子】

1. I nodded with gratitude, tears filling my eyes.
我感激地点点头，眼里噙满了泪水。
2. When I heard her words, a warm current rose in my heart.
当我听到她的话时，一股暖流涌上我的心头。
3. Tears of gratitude welled up in her eyes as she received the gift.
当她收到礼物时，感激的泪水在她的眼眶里打转。
4. A story with love and soul can always touch children's hearts.
充满爱与灵魂的故事往往能打动孩子们的心。
5. After hearing the explanation, he was overwhelmed with gratitude.
听到这个解释后，他感激不尽。
6. He gave me a gentle nod and cast a grateful smile in my direction.
他对我轻轻地地点了点头并向我投来感激的微笑。
7. I was very moved/touched by all the cards my friends sent me when I was in hospital.
我住院期间朋友们送的问候卡令我非常感动。
8. With tears of gratitude rolling/streaming down his cheeks, Peter hugged his mother tightly.
感激的泪水顺着 Peter 的脸颊滚落下来，他紧紧地抱住了母亲。

【巩固练习】

一、根据提示，完成下列句子。

1. _____ (深受感动) by his mother's words, John could say nothing but hug her tightly.
2. The lovely cards from my students _____ (让我感动得流泪).
3. She held the doctor's hand tightly and _____ (流下了感激的泪水).
4. I _____ (从内心深处感谢您) for helping me solve this problem.

二、翻译下列句子。

1. 他向朋友们笑了笑表示谢意。

-
2. 我对老师的支持和帮助感激不尽。

-
3. 打开礼物时，我向她投去感激的微笑。（用 as 引导时间状语从句）

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4. 看到这一幕时，感激的泪水在她眼眶里打转。（用 when 引导时间状语从句）
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【读后续写】情感描写之积累与练习（3）紧张与担心

【高级语块】

1. toss and turn 辗转反侧
2. be on edge 紧张不安，烦躁
3. pace up and down 来回踱步
4. be seized by anxiety 焦虑不安
5. tremble/shake with nervousness 紧张得发抖
6. be sick with worry about sb. 极度担心某人
7. be worried/concerned about sth. 为某事担心
8. one's heart is in one's mouth 心提到嗓子眼儿
9. one's heart pounds/beats wildly/violently 心怦怦跳得厉害
10. have butterflies in one's stomach （做某事前）心慌，紧张

【高级句子】

1. A flood of tension/nervousness welled up in him.
他心中涌起一股紧张的情绪。
2. A worried/anxious look appeared on his face.
他的脸上露出了忧虑/焦急的神情。
3. She was so nervous that she felt her throat tighten and her mouth dry.
她紧张得喉咙发紧，口舌发干。
4. She looked at the watch with growing uneasiness.
她看着手表，心里越来越不安。
5. Before a speech, I always have butterflies in my stomach.
演讲前，我总是紧张不安。
6. She couldn't fall asleep, tossing and turning in bed all night.
她在床上辗转反侧了一整夜，无法入睡。
7. He was so nervous that his face turned pale, feeling like sitting on pins and needles.

他紧张得脸色苍白，如坐针毡。

8. As the sky gradually darkened, he grew increasingly worried/concerned, wandering restlessly from one room to another.

随着天色逐渐变暗，他越来越担心/忧虑，不安地从一个房间徘徊到另一个房间。

【巩固练习】

一、根据提示，完成下列句子。

1. She was always _____ (紧张不安) before an interview.
2. _____ (我的心提到了嗓子眼儿) when I walked into her office.
3. While Jack was waiting for the results, his heart _____ (怦怦跳得厉害) and his palms were sweaty.
4. The whole night found me _____ (辗转反侧), uneasy about the results to be announced the next day.

二、翻译下列句子。

1. 我们极度担心她。

2. 他踱来踱去，紧张不安。（用形容词短语作状语）

3. 我心里发慌，深深吸了一口气。（用 with 复合结构）

4. 站在后台时，我紧张到浑身发抖。（用 as 引导时间状语从句）