聚焦热点，主题复习—运动与健康

**Task1**

**Passage A:**

Jialing, known for a **comedic prowess** and **infectious personality**, has long been a fixture in the Chinese entertainment industry. And now she returns with YOLO. It's her second major screen production, following **a massive success** in her directorial debut film, Hi Mom in 2021. But it's not just the movie itself that's **causing a stir.** It's the 41-year-old actresses **stunning physical transformation** in the early teasers for Yolo, which follows a complete homebody who takes up boxing, audiences **caught glimpses of** Jialing's dedication to her role as a boxer. She had shed an impressive 50 kg in **a span of** six months.

**Passage B:**

Chen said for **health and safety concern**s, a weight loss of 50 kilograms should take at least 6 months. If one aims to **lose this much weight** in a shorter period, the body might protest.

Carbohydrate-rich foods not only provide essential energy but also supply **a large amount of** dietary fiber, both of which are essential for the normal functioning of the body. To **lose weight**, one can consume more coarse grains and mixed grains **instead of** refined rice and flour.

Many people lose muscle **rather than** fat when trying to lose weight. **It is advisable to** choose protein-rich foods such as fish, shrimp, poultry, eggs, lean meat, and fresh vegetables.

**It is important to** have fixed meal times with three meals a day and to **cultivate the habit of** eating at regular intervals. If fatigue or decreased appetite occurs during the weight loss process, seeking timely help from a professional doctor is recommended.

An increasing number of inquiries about rapid weight loss are being fielded by local medics after famous comedian and actress Jia Ling stated she has lost 50 kilograms in a year for a film role.It has even become one of top searches and hot topics online.

However, doctors warn that such a rapid loss of weight is not healthy, and has **potential risks.**

It is possible to lose 50 kilograms in a little over a year, which **is equivalent to** losing less than 5 kilograms per month, said Chen Qiuxia, the deputy chief nutritionist of the Nutrition Department of Xinhua Hospital of Zhejiang Province.

But **it is vital to** undergo this process under the comprehensive support of professional nutritionists and fitness trainers.

1.What are the potential risks of rapid weight loss, according to doctors?

A. Increased energy levels

B. Muscle gain

C. Decreased appetite

D. Health issues

2.Why does Chen Qiuxia recommend a weight loss of 50 kilograms should take at least 6 months?

A. To undergo the process without professional support

B. To avoid the body protesting

C. To decrease the amount of dietary fiber

D. T o increase muscle mass

3. How can one ensure a healthy weight loss process according to the text?

4. What do you think of Jia Ling’s success?

**Words and expressions**

* comedic prowess /kəˈmiːdɪk ˈpraʊəs /喜剧能力；喜剧才华
* infectious / ɪnˈfekʃəs /adj.传染性的；有感染力的
* fixture / ˈfɪkstʃə(r) / n.固定装置
* YOLO=You only live once
* directorial debut /daɪrekˈtɔːriəl ˈdeɪbjuː/首次导演
* stir / stɜː(r) /v. 搅动；搅拌cause a stir 引起争议或骚动
* physical transformation 身体变化
* teaser / ˈtiːzə(r) / n.爱戏弄别人的人;预告片;悬念式广告
* homebody n.宅男；宅女
* dedication / ˌdedɪˈkeɪʃ(ə)n /n.奉献，献辞delicate v.致力于，献身于
* catch glimpses of 瞥见；一窥其貌
* shed/ ʃed / v.去除，摆脱
* a span of 一段期限
* rapid/ 'rapid /adj.快速的；迅速的
* medic /'medik/ n.医生；救护人员
* comedian/ ka'mi:dian/ n.喜剧演员
* nutritionist /nu'triJanist/n.营养学家
* undergo /Andar'gou/vt. 经历；经受
* comprehensive /,.ka:mprr'hensIv/ adj.综合的；所有的
* carbohydrate dietary/.ka:rbou'haidrent 'daioteri/n.碳水化合物
* dietary / ˈdaɪətəri / adj.饮食的;膳食中的
* fiber/'faibar/n.纤维；纤维质
* refine /ri' famn/vt.精炼；改进
* advisable /od'vaizabl/ adj.可取；明智的
* poultry /'pooltri/ n.家禽
* cultivate /'kAltrvert]/vt. 培养；栽培 cultivate the habit of养成…的习惯
* interval /'intarvl/n.间隔；间隙
* fatigue /fa'ti:g/n.劳累；疲劳；厌倦
* appetite /'apitart/n.食欲；胃口
* health and safety concerns健康与安全问题
* lose weight减肥
* potential risks潜在风险

**APPRECIATION**

May all women be birds.

祝所有女性都做飞鸟，

There are directions, not chains.

有指引航线，而非锁链。

Be a big tree, not a dodder flower.

做大树，而非菟丝花。

Be the torch, be the brilliant starlight.

做炬火，做灿烂星光。

I wish you high-spirited, I wish you a clank,

祝你昂扬、祝你铮铮。

May you break free from shackles to break the ceiling, may you take root in the earth and straighten your spine.

祝你挣脱枷锁击碎天花板，祝你扎根大地挺直脊梁。

I wish her well, I wish her high-spirited, rather than wishing her an early son.

要祝她铮铮，祝她昂扬，胜过祝她早生贵子。

**Task2**

**Practice1:**

Actress Jia Ling topped the social media topics on the second consecutive day of the Chinese Lunar New Year as her great weight 1\_\_\_\_\_\_\_\_\_(lose)of 50 kilograms during the shooting of her movie Yolo triggered heated discussions over healthy lifestyle and allowed some viewers 2\_\_\_\_\_\_\_\_\_\_\_(draw) aspirations from her arduous weight-loss journey.

The 3\_\_\_\_\_\_\_\_\_(high) anticipated comedy Yolo hit theaters across China on Saturday, the first day of the Lunar New Year. It is now leading the domestic movie box office. According to Douban, “YOLO”  4\_\_\_\_\_\_\_\_\_\_\_\_(adapt) from the 2014 Japanese movie “100 Yen Love”. This movie is comedian-actress-director Jia Ling's sophomore feature, three years after her 2021 directorial debut box-office blockbuster “Hi, Mom” for which she holds the record as the world's highest grossing female movie director.

Topics related 5\_\_\_\_\_\_\_ Jia's stunning weight loss were dominating Weibo such as "full record of Jia's losing weight journey" and "Jia Ling totally shocked me," as netizens discuss 6\_\_\_\_\_\_\_\_\_\_it is time to develop a more balanced habit starting from the Spring Festival.

"Her achievement is quite7 \_\_\_\_\_\_\_\_\_\_\_\_( inspire) and 8\_\_\_\_\_\_\_deserves a movie ticket," moviegoer Li Qiaoya, 9\_\_\_\_\_\_\_\_ regularly visits the gym to lose weight, told the Global Times on Sunday. "I feel 10\_\_\_\_\_\_\_\_\_\_\_(guilt) for eating too much during the Spring Festival already."

**Practice2:**

假如你是李华，你收到好友玛丽的信件得知她在保持健康方面遇到了困惑，请给她回复一邮件，提出一些保持健康方面的建议。要点：

（1）健康的重要性

（2）保持良好的饮食习惯

（3）注重身体锻炼

**Practice3**:

假如你是李华，半年前你参加了《健康报》关于"健康与生活方式选择"的夏令营，开始反思自己的不良生活方式，现在请你给该报编辑写一封信投稿，内容包括：

1．你过去的一种不良生活方式及其对你的影响；

2．你如何改变这种不良方式；

3．改变这种方式后你的感受。

**Practice4:**

2023 浙江嵊州一模

假如你是李华，某英语网站正在讨论对“The man who has made up his mind to win will never say impossible”的理解。你打算跟帖参与讨论，内容包括：

1.你对此的理解；

2.结合具体实例；

3.你的启发与感悟**。**

**Practice5:**

2023 浙江稽阳联考

假如你是某国际学校学生会主席李华。你所在城市开展了 “全民健身运动(National Fitness Program)”。请你代表学生会，给全校学生写一份倡议书，呼吁大家参与此活动。内容包括：

1.发起倡议；

2.具体做法；

3.活动意义。