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**Jingning High School**

**Mao Liqin**



**the slimmer  $\neq$  the fitter !**



**before**



**after**



**before**



**after**

**A correct attitude to weight loss**

Do you think you are **fit**?



the general condition  
of **body and mind**

The students exchange ideas about  
health and fitness in **a wellness book**.



Reading for writing

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# Going Positive





## Reading for information

1 What **problem** did Kayla have in the past?

**weight and looks**

2 What does the sentence "I almost went bananas" mean?

**She was nearly mad, hopeless and angry.**

3 What made her change her thinking?

### GOING POSITIVE

I always wanted to look like the **slim girls** on TV even though I knew that it was impossible. I worried about my **weight** and tried every new **diet** I read about online. I tried no-fat, low-fat, **5:2**, only bananas, no bananas—I almost went bananas, too.



Then I read an article that said instead of asking "Am I fat?" I should be asking "Am I fit?" I had no idea a letter could **make such a difference!** Once I started thinking about fitness rather than weight, things began to change. Instead of saying "I want to run two kilometres in eight minutes" or "I want to eat less", I would say "I want to run two kilometres in eight minutes" or "I want to eat less". Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my **face or body**. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

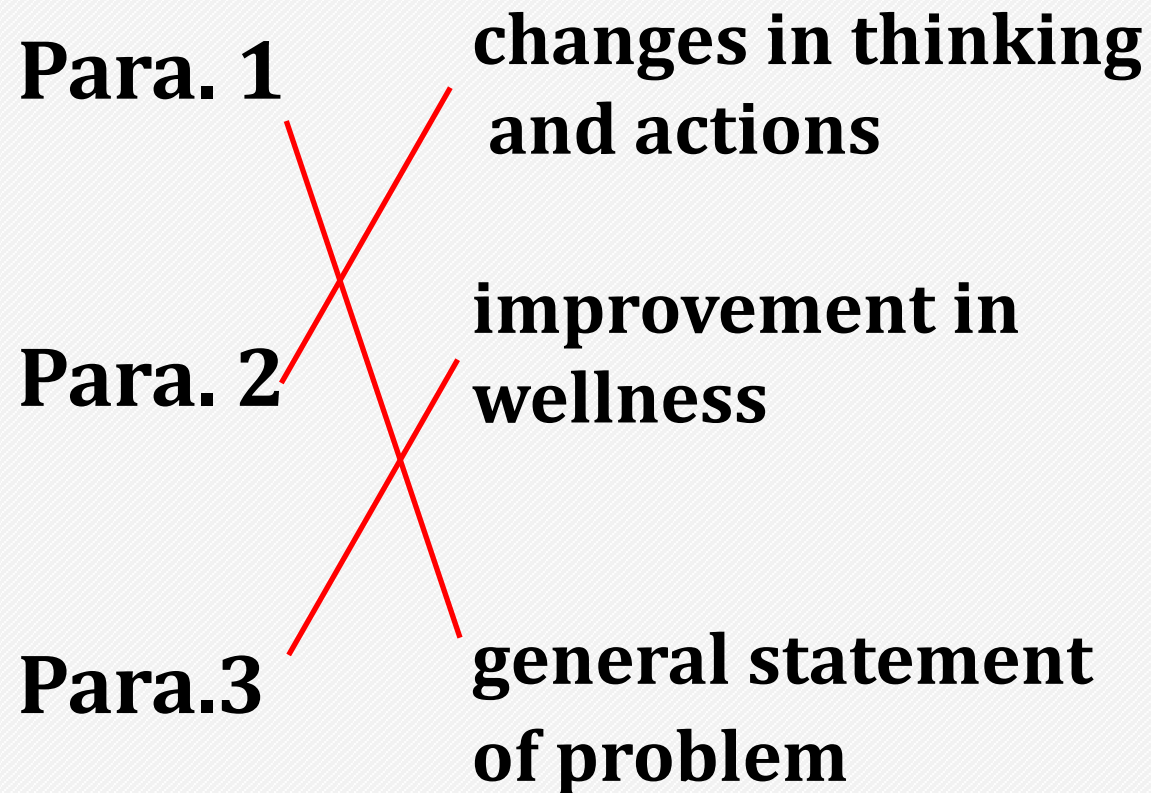
**5:2 diet: to eat normally for 5 days of the week, but only eat very little on the other two days.**

**a turning point**

# Going Positive means becoming healthy both in body and mind.

problem	weight and looks	
turning point	an article that said instead of asking “Am I fat?” people should be asking “Am I fit?”	
	The past	The present
actions (verbs)	worried about my weight tried every new diet cut out the food... compared myself with... looked for things...wrong with	healthy in <u>body</u>
		healthy in <u>mind</u>
results	<div>↓</div> <div>I almost went bananas.</div> <div> negative</div>	<div>I become both happier and healthier</div> <div>positive </div>

# Reading for organization



## GOING POSITIVE

I always wanted to be like the slim girls on TV even though I knew that it was impossible. I worried about my weight and tried every diet I read about online. Low-fat, fat-free, no fat, low-fat, 5:2, on no bananas—I ate no bananas, too.

Then I read an article about how to be positive instead of asking "Am I too fat?" I should be asking "Am I healthy?" I started thinking about

of saying "I want to lose three kilos", I would say "I want to run two kilometres in eight minutes" or "I want to be able to do 30 push-ups". Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my face or body. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

**what's more, besides,  
thus, although,  
for one thing, for another  
firstly, ...secondly,...lastly**

...

**Writing tip 1: The text is well-organised with these linking words.**



## Reading for organization

How does the author show her **positive changes**?

A. By giving examples.

B. By asking questions.

✓ C. By showing differences.  
= make a comparison(作比较)

D. By listing some data.

### GOING POSITIVE

I always wanted to look like the slim girls on TV even though I knew that it was impossible. I worried about my weight and tried every new diet I read about online. I tried no-fat, low-fat, 5:2, only bananas, no bananas—I almost went bananas, too.



Then I read an article that said instead of asking “Am I fat?” I should be asking “Am I fit?” I had no idea a letter could make such a difference! Once I started thinking about fitness **rather** than weight, things began to change. Instead of saying “I want to lose three kilos”, I would say “I want to run two kilometres in eight minutes” or “I want to be able to do 30 push-ups”. Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my face or body. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

**Writing tip 2: Describe the positive changes by making comparison.**

## Reading for language

**Underline the words and phrases used in the text to show differences.**

**rather than, instead of**

**but, instead...**

**more expressions:**

**however/though, different**

**from, on the other hand...**

**Writing tip 3: Make a comparison with these useful expressions.**

Then I read an article that said instead of asking “Am I fat?” I should be asking “Am I fit?” I had no idea a letter could make such a difference! Once I started thinking about fitness rather than weight, things began to change. Instead of saying “I want to lose three kilos”, I would say “I want to run two kilometres in eight minutes” or “I want to be able to do 30 push-ups”. Rather than cutting out the foods I enjoyed, I added healthy foods to my meals. I could still have a burger now and then, but I would add a salad or an apple. Finally, I stopped comparing myself with actresses and models and looking for things that were wrong with my face or body. Instead, I made a list of the things I liked about myself. By being positive about myself and my body, I became both happier and healthier.

Choose the proper words or phrases to express the same meaning.

I used to drive to work . Now I start to walk to work.

**instead, rather than, instead of**

Now I start to **walk to work** **rather than** **drive to work.**

Now I don't drive to work. **Instead**, I start to walk to work.

Now I start to walk to work **instead of** **driving to work.**



Summing up

# Going Positive

to live a healthy life both physically and mentally.

content

language

problem

+

turning  
point

+

actions  
(verbs)

+

results

The past

The present

Tip 1: Describe the positive changes by making comparison.

Tip 2: Make a comparison with these useful expressions.

rather than, instead of, but, instead...

Tip 3: Make the text well-organised with linking words.

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voice your opinion

Please help Cathy live a healthy life both physically and mentally.

problem	always wanted to be <b>the top student</b> even though it is hard	
turning point		
	The past	The present
actions (verbs)	always <b>worried about</b> my score after each exam <b>study</b> day and night think it is <b>a waste of time</b> doing exercise <b>hardly talk with</b> classmates	<div>rather than, instead of, but, instead, then, finally...</div>
results	<b>feel stressed, can't sleep well, worse still, my grade dropped</b>	

Cathy



rather than, instead of, but, instead, then, finally

Instead of always wanting to be the top student, Cathy should have a peaceful mind. Then, try to improve her study methods. Rather than studying day and night, she should spare time to do exercise which would build up her body and improve her memory. Don't worry about scores after each exam. Instead, she could make good preparations before exams. She could still keep the habit of being alone, but good relationship with classmates would benefit her studies. Finally, by being positive about score and stress, Cathy would become happier and healthier in body and mind.



## Assignment

Use what you have learnt to write a page in a wellness book.

- **Exercise**
- What can you do to make exercise like jogging more enjoyable?

- **Self-confidence**
- What can you do to become more confident and feel better about yourself?

- **Stress**
- How can you plan your work and make sure that you also have time to rest and relax?

- **Food**
- How can you make your meals healthier?

content

language

problem

self-confidence

stress

food

exercise

turning  
point

The past

The present

actions  
(verbs)

Tip 1: Describe the positive changes by making comparison.

Tip 2: Make a comparison with these useful expressions.

results

rather than, instead of, but, instead...

Tip 3: Make the text well-organised with linking words.

Criteria(标准) for your composition

Yes No

Did you start with **general statement of the problem**?

Did you describe the **changes in thinking and actions**?

Did you tell the reader how the changes **improve your life**?

Did you **make a comparison with useful expressions** learned in class?

Did you **make the text well-organised with linking words**?





**Thanks for Your  
Excellent  
Performance !**

# **Learning objectives**

- 1). To be clear about Kayla's change and experience.**
- 2). To learn the “comparison and contrast” method of writing and write a page for a class wellness book.**
- 3). To be inspired to live a healthy life both physically and mentally.**