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GOING POSITIVE

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**What
problems
did Kayla
have in the
past?**



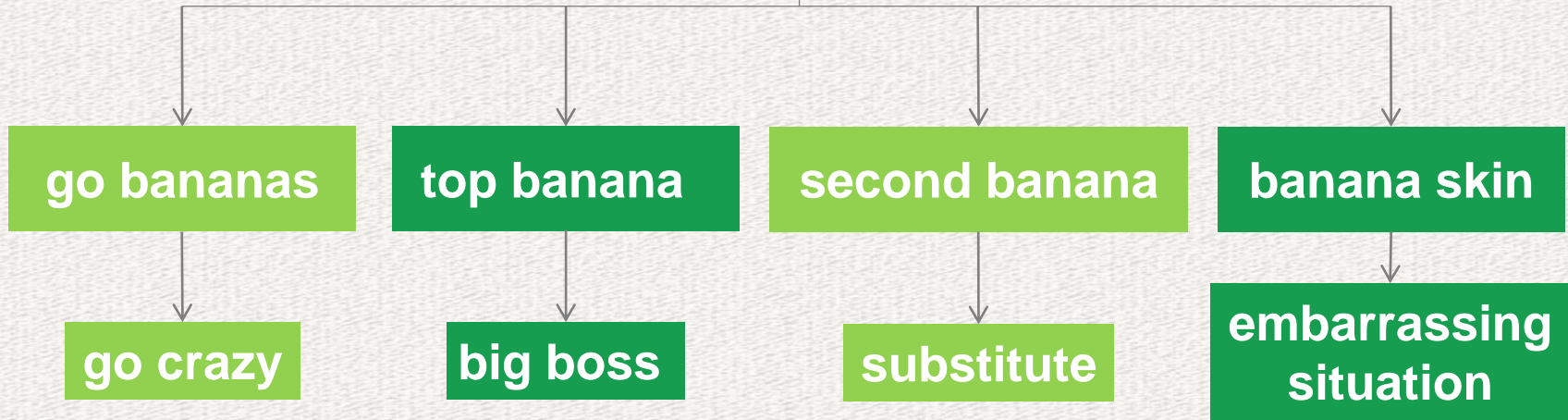
Kayla' problem

- 1 worried about her weight
- 2 almost went bananas
- 3 compared herself with actresses & models





banana

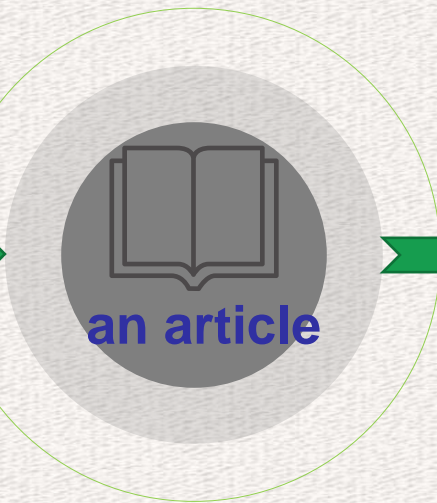




What made her change her mind?

She read an article telling her to ask “Am I fit?” instead of “Am I fat?”

The Past



The Present





Complete the outline with words and phrases from the text.

The Present



think about
fitness
rather than
weight

The Past
worried about
my weight
and tried
every diet I
read about



The Present



made a list of
things I liked
about myself

The Past

compared
myself with
actresses
and models





Analyze the change of Kayla's emotion



- **Worried**

I wanted to look slim.
I worried about my weight.
I almost went bananas.

- **Reasonable**

I thought about fitness rather than weight.
I added healthy foods to my meals.

- **Positive**

I made a list of things I liked about myself.
Being positive about myself and my body,
I became both happier and healthier.



Underline the words and phrases to show similarities and differences:

1

differences

2

similarities

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.



Express the same meaning with the given words below.

Many people's problems are like mine.

similar

Many people's problems are similar to mine.

same

Many people have the same problems as mine.

alike

Many people and I have problems alike.

have...in
common

Many people have problems in common with me.



Express the same meaning with the given words below.

I put more vegetables than meat in my diet .

instead
of

I put more vegetables instead of meat in my diet .

rather
than

I put more vegetables rather than meat in my diet.

not...but

I do not put much meat but more vegetables in my diet.

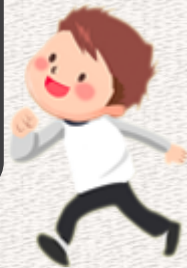
The
difference
is

The difference is that there are more vegetables than meat in my diet.

♥ 书面表达

假定你是高中生李华，你校的英语俱乐部举行了一次演讲比赛，内容是介绍自己如何通过适当的锻炼和饮食获得健康的体魄。请你根据以下要点写一篇演讲稿：

- 1 Start with a general statement about the topic and your situation.
- 2 Tell the reader about how and why you changed or want to change.
- 3 Describe the changes and compare the possible results.
- 4 Tell the reader how the changes have improved or will improve your life.





1

Start with a general statement about the topic and your situation.

Hello, guys, I'm Lihua. I'm honored to have the chance to share my story of keeping fit with you. I believe many students may have similar experience with me. Since I entered senior high school, I have so much homework to do and I was always feeling sleepy and exhausted in class. My weight kept going up all the time until someone called me "Fatty" .



2

Tell the reader about how and why you changed or want to change.

I couldn't help feeling worried about myself. So I went to my head teacher to ask for his advice. He suggested that I take a jogging for half an hour after class every afternoon. What surprised me was that he even organized a group with several of my classmates who had the same problem as mine. We keep jogging every afternoon and we enjoy each other's company and encouragement. We cut down the fat in our diet and added more fruit and vegetables to it. Most importantly, we drink water instead of sodas.



3

Describe the changes and compare the possible results.

Our efforts are not spent in vain. We stopped putting on weight and, even began to lose it. We feel more energetic and less sleepy in class. What a cheerful turn!



4

Tell the reader how the changes have improved or will improve your life.

Now I feel a lot more confident. I even won a prize in the school's sports meet. This inspires me to determine to make jogging my life-time hobby. Time permitting, I'll try more forms of sports in the future.

So guys, try some sports and you'll fall in love with them.



Try to write a speech draft with the sample above.

Hello, guys, I'm _____. I'm honored to have the chance to share my story of keeping fit with you. I believe many students may have similar experience with me.

Since I entered senior high school, (problem 1) and I was always (problem 2). (Problem 3).

I couldn't help feeling worried about myself. So (solutions). (Detail 1). (Detail 2). (Detail 3).

Our efforts are not spent in vain. We stopped _____ and even began to _____. We feel more _____ and less _____. What a cheerful turn!

Now, I (result 1). (Result 2). (Result 3). Time permitting, I'll try more forms of sports in the future.

So guys, try some sports and you'll fall in love with them.

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Move Joy Fit

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