

Unit3 A healthy life

潮恩教育



• **Teaching aims:**

At the end of class, the students are able to:

- **1. grasp the words and expressions about the topic-health & quit smoking.**
- **2. develop their reading skills by training, and appreciate the extensive reading materials**
- **3. know the harmful effects and how to quit smoking. Besides they know that they should get away from this bad behavior.**

Lead-in



Photos revealed Wang, 18, was smoking at a Beijing restaurant on Monday night. It is forbidden to smoke indoors according to municipal regulations on tobacco

c



北京卫生监督



t

o

l

.



5月21日 14:12 来自 专业版微博

#王源抽烟#《北京市控制吸烟条例》规定，公共场所、工作场所的室内区域以及公共交通工具内禁止吸烟。针对媒体曝光事件，我市属地卫生监督机构正在进行核实调查。如果情况属实，将依法进行处罚。作为公众人物，应自觉维护法律法规，传播正能量，做好表率！我们呼吁全社会共同参与，各行业积极作为，履行控烟职责，积极支持控烟工作，减少吸烟危害，共同维护健康北京！

收起全文



王源抽烟

发博

Wang Yuan, a popular youth icon, expressed regret and determination to behave himself on his social media account.



TFBOYS-王源 👑 🐼

昨天 14:44 来自 小米9



对不起！这件事让我深刻反思了自己的行为，对自己造成的不良社会影响，我感到十分抱歉和愧疚，很抱歉我做了一个错误的示范，我会承担相应的责任并接受处罚。作为一名公众人物，我今后一定会更加注重自身的言行，希望大家不要效仿我的错误行为。再次向大家道歉，我一定会以此为鉴，成为更好的人。

Task: Free-talk

- Why has this kind of behavior triggered a heated discussion online?

- a youth icon (wide influence/mental health)
- Cigarette health
- his violation (rule)



北京卫生监督

5月21日 14:12 来自 专业版微博

#王源抽烟# 《北京市控制吸烟条例》规定，公共场所、工作场所的室内区域以及公共交通工具内禁止吸烟。针对媒体曝光事件，我市属地卫生监督机构正在进行核实调查。如果情况属实，将依法进行处罚。作为公众人物，应自觉维护法律法规，传播正能量，做好表率！我们呼吁全社会共同参与，各行业积极作为，履行控烟职责，积极支持控烟工作，减少吸烟危害，共同维护健康北京！

收起全文 ^



王源抽烟

发博

Reading

Advice from Grandpa



Dear James,

It is a beautiful day here and I am sitting under the big tree at the end of the garden. I have just returned from a long bike ride to an old castle. It seems amazing that at my age I am still fit enough to cycle 20 kilometres in an afternoon. It's my birthday in two weeks time and I'll be 82 years old! I think my long and active life must be **due to** the healthy life I live.

This brings me to the real reason for my letter, my dear grandson. Your mother tells me that you started smoking some time ago and now you are finding it difficult to give it up. Believe me, I know how easy it is to begin smoking and how **tough** it is to stop. You see, during **adolescence** I also smoked and became **addicted to** cigarettes.

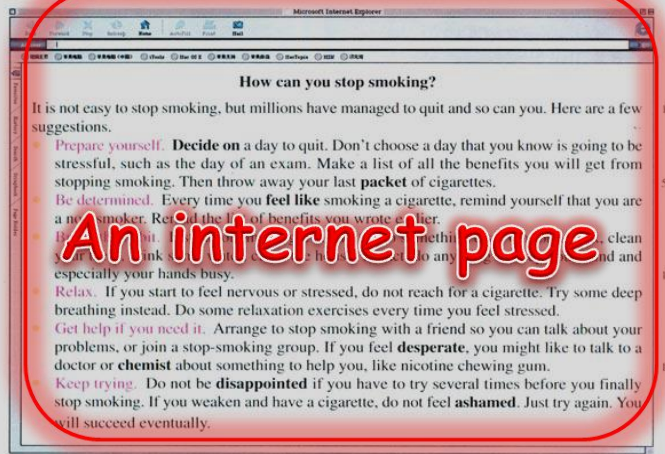
By the way, did you know that this is because you become addicted in three different ways? First, you can become physically addicted to nicotine, which is one of the hundreds of chemicals in cigarettes. This means that after a while your body becomes **accustomed to** having nicotine in it. So when the drug leaves your body, you get **withdrawal** symptoms. I remember feeling bad-tempered and sometimes even in pain. Secondly, you become addicted through habit. As you know, if you do something often, it becomes **automatic**. Lastly, you can become **mentally** addicted. I felt much more relaxed after having a cigarette, so I began to think that I could only feel good when I smoked. I was addicted in all three ways, so it was very difficult to **quit**. But I did finally manage.

When I was young, I didn't know much about the harmful **effects** of smoking. I didn't know, for example, that it could do terrible damage to your heart and **lungs** or that it was more difficult for smoking couples to become **pregnant**. I certainly didn't know their babies may have a smaller birth weight or even be **abnormal** in some way. Neither did I know that my cigarette smoke could affect the health of non-smokers. However, what I did know was that my girlfriend thought I smelt terrible. She said my breath and clothes smelt, and that the ends of my fingers were turning yellow. She told me that she wouldn't go out with me again unless I stopped! I also noticed that I became **breathless** quickly, and that I wasn't enjoying sport as much. When I was taken off the school football team because I was **unfit**, I knew it was time to quit smoking.

I am sending you some advice I found on the Internet. It might help you to stop and **strengthen** your resolve. I do hope so because I want you to live as long and healthy a life as I have.

Love, from

Grandad



Comprehending

1 Fill in the chart with information from the reading passage.

	Information from the reading passage
Different ways people can become addicted to cigarettes	
Harmful physical effects for smokers	
Effects that a person's smoking can have on other people	
Effects that smoking can have on sporting performance	

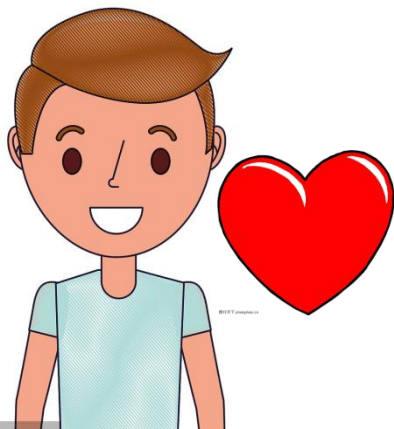
2 Discuss these questions in groups to check your **comprehension**.

- What kind of person do you think James' grandfather is?
- What other information could have been included?
- What do you think can be done to protect non-smokers (especially women and babies) from those who smoke?

3 Make a summary of the advice on how to stop smoking. Be sure to use your own words and no more than five sentences.

Part one: What (Para.1-2)

James' grandfather wrote to him to give him **some advice** and encourage him to **quit smoking**.



What should I
tell James?

Para 1

What idea did grandad want to convey?

His active and long life is due to his healthy life he lives.



Para 2

1. Did he scold (blame) James when he knew his grandson smoked? **No.**

2. What did he say?

3. Why did he say like that?

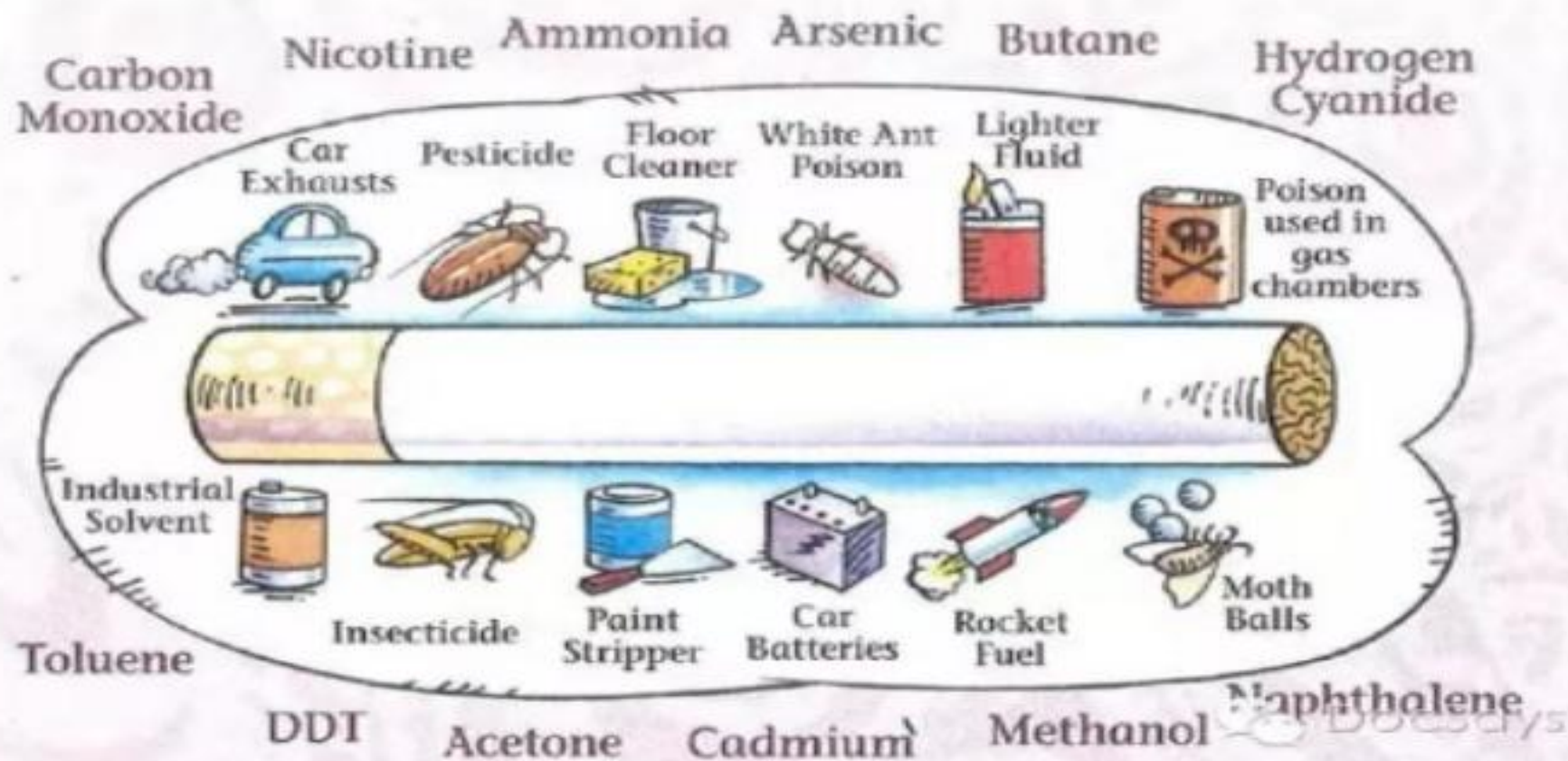
**He once had the same situation with James.
And he knew his feeling very well, so as to
shorten the distance between them.**

Part Two: Why(Para.3-5)

Para.3

	Information from the reading passage.
3 Different ways people can become addicted to cigarettes	<i>1. physically addicted to nicotine</i> <i>2. addicted through habits</i> <i>3. mentally addicted</i>

What's in a cigarette?



Nicotine Withdrawal symptoms:

- **Intense cravings(desire) for nicotine**
- **Tingling(pain) in the hands and feet**
- **Sweating**
- **Headaches**
- **Coughing, sore throat**
- **Insomnia(sleep disorder)**
- **Anxiety**
- **Depression**
- **Weight gain**

Thinking

- What's the function of saying “But I **did** finally manage.”?
- To give James hope that he could also quit smoking as his grandad did.

Para 4

Harm

To smokers themselves

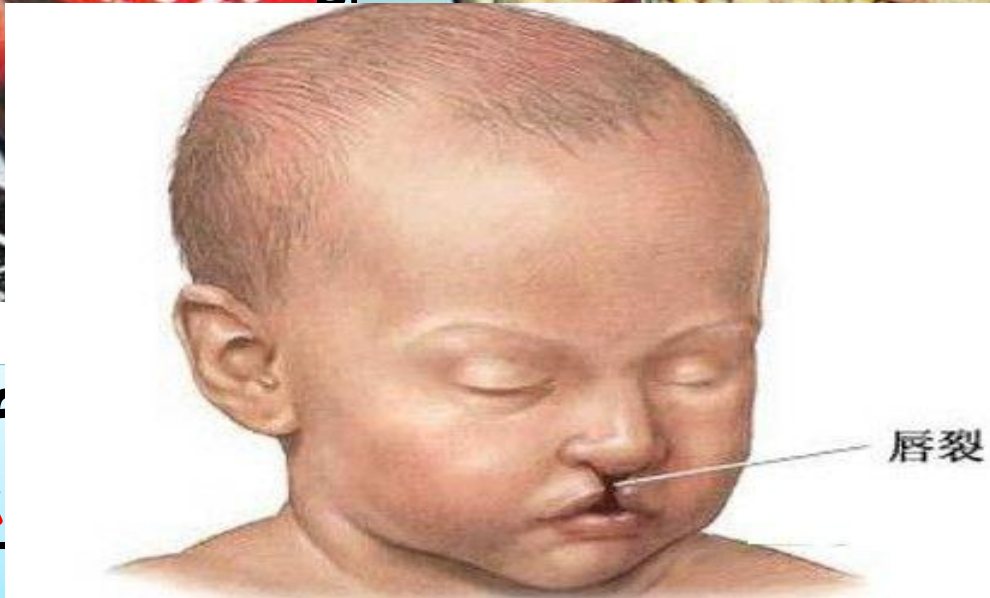


-
-
-
-
-
-
-



To non-smokers

The babies of
may have sma
be abnormal in some way.



Part Three: How

The advice for quitting smoking:

Prepare yourself.

Be determined.

Break the habit.

Relax.

Get help if you need it.

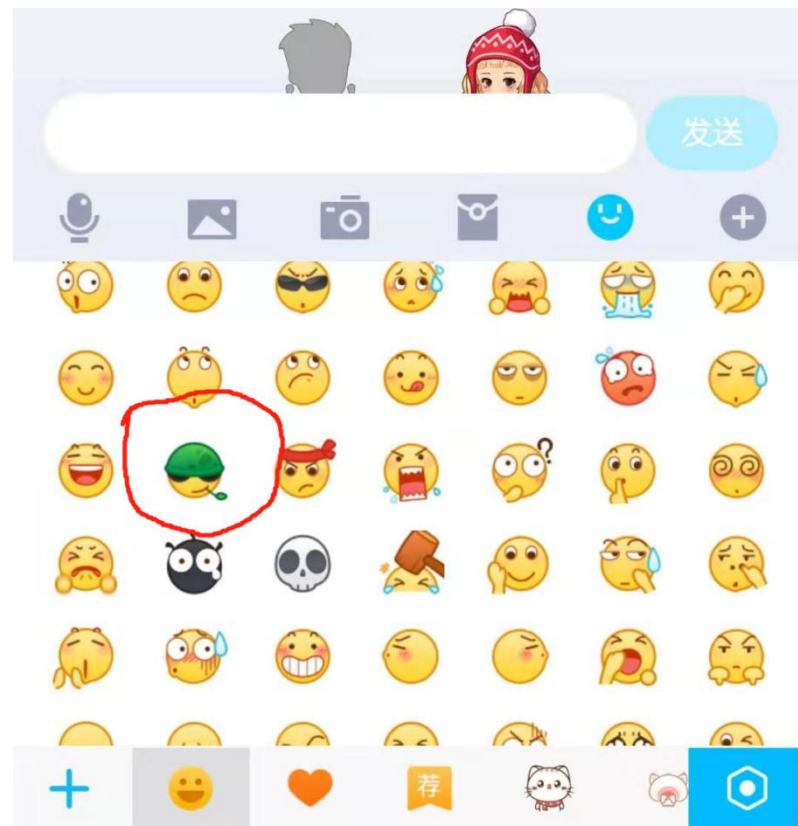
Keep trying.

Reflection

- If you had a child, would you let him/her to smoke a cigarette?



Reading Extension: Say goodbye to smoking emoji on QQ app



What do you think of the change of emoji? Is it appropriate?



Summary

- **Other people**: learn different ways of addiction; harmful effects; some advice
- **Yourself**: self-discipline
- **Society**: Non-smoking environment; joint efforts.





talk about your feelings



keep active



eat well



drink sensibly



keep in touch with friends and loved ones



ask for help



take a break



do something you're good at



accept who you are



care for others

Thank you!