**人教版选择性必二Unit3 Workbook Convenience Food or Fresh Food教案**

**Teaching aims**

1. Practice reading skills.
2. Broaden student’s horizons by allowing them to reflect upon the dietary Choices between convenience food and fresh food.
3. Discuss the benefits and problems of convenience food and fresh food bring us.
4. Be capable to write an essay about the impact of the dietary choices between convenience food and fresh food.

**Teaching procedures**

**Step 1. Show four learning objectives clearly before starting the reading.**

**Step 2. Lead-in**

Raise a question:

*1.What do you prefer to eat in your daily life? Convenience food that‘s quick and easy, or fresh food that you prepare yourself?*

*2.What do you think are the advantages and disadvantages of convenience food and fresh food*

**Step 3. Comprehending**

**Activity 1** Read the text and complete the statements by circling the correct words or phrases.

**Activity 2** Compare and contrast the habits and characteristics of Mei Lin and Su Bo.Write M for Mei Lin,S for Su Bo. Or B for Both in the blanks .

**Activity3** Analyze the Central Theme,Background Information,Food Choices,Lifestyle,and Summary of Paragraph1.

**Activity 4** Analyze Paragraph 2 according to Central Theme,Background Information,Reasons for Choosing Fresh Food,Past Habits and Changes,Connection to Fitness.

**Activity 5** What’s the main idea of paragraph 3?What writing techniques are employed in this part? Why the author use them?

**Step 4.Discussion**

Discuss in pairs the comments you would write in response to this article and give our reasons?

**Step 5. Write a short essay on whether you prefer fresh food or prepared food.**

**Step 6. Deep thinking**

*In today's fast-paced life, which do you think can better meet the dietary needs of Chinese youth between convenience food and fresh food? Why?*