



Module 6 Unit 3 A Healthy Life

Reading & Writing

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Lead in



How can we **persuade** them to **quit** smoking?



Pre-reading

ADVICE FROM GRANDAD

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 makes your body become **accustomed to** having nicotine in it. So when the drug leaves your body, you experience withdrawal symptoms. I remember feeling bad-tempered and some addicted through habit. As you know, if you do it often, you begin to do it **automatically**. Lastly, you can become addicted because you feel happier and more relaxed after having a cigarette, so you want to smoke 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

a letter

How can you stop smoking?

It is not easy to stop smoking, but millions have managed to quit and so can you. Here are a few suggestions.

- **Prepare yourself.** Decide on a day to quit. Don't choose a day that you know is going to be stressful, such as the day of an exam. You will get from stopping smoking that you are a non-smoker.
- **Be determined.** Remember that you are a non-smoker.
- **Break the habit.** Instead of smoking a cigarette, do something else. Go for a walk, clean your teeth, drink some water, clean the house; in fact, do anything to keep your mind and especially your hands busy.
- **Relax.** If you start to feel nervous, take some deep breathing instead.
- **Get help.** If you need to, arrange to stop smoking with a friend so you can talk about your problems, or join a stop-smoking group. If you feel **desperate**, you might like to talk to a doctor or **chemist** about something to help you, like nicotine chewing gum.
- **Keep trying.** Do not be **disappointed** if you have to try several times before you finally stop smoking. If you weaken and have a cigarette, do not feel **ashamed**. Just try again. You will succeed eventually.

an internet page

an attachment



Reading: Read for structure

Read the text quickly and summarize the main idea of each paragraph.

The letter	Para.1	the writer's recent life
	Para.2	the writing purpose
	Para.3	the ways of becoming addicted
	Para.4	the harmful effects of smoking
	Para.5	the writer's hopes and wishes
The Internet page	Para.6	the suggestions of quitting smoking



Reading: Read for structure

Read the text quickly and summarize the main idea of each paragraph.

	Para.1	the writer's recent life	
	Para.2	the writing purpose	
a persuasive writing: a letter of advice		the ways of becoming addicted	
	Para.4	the harmful effects of smoking	
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The Internet page	Para.6	the suggestions of quitting smoking	



Reading: Read for content

Para. 1 & 2

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Tip 1:

*Put yourself in the reader's position. You're just making **convincing** statements to let him/her accept your advice naturally.*

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When I was a teenager,

**Reading: Read for content****Para. 3**

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 the same thing over and over again, you begin to do it automatically. Lastly, you can become mentally addicted. I believed I was happier and 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.



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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.



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sto Tip 2:

enj *Get to know your reader. Figure out the concerns of the reader and this can make it easy for you to write a letter in a **convincing** style.*
wa



Reading: Read for content

Para. 5

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.





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Tip 3:

End the letter with a final appeal in a polite and kindly tone so that the reader can give a second thought to your advice.



Pre-writing

Have a try!

Write a letter to persuade a smoker to quit smoking with around 80 words.

2. writing purpose

4. harmful effects of smoking

5. writer's hopes and wishes



Writing

evaluation criterion:

Structure	Content	Language
<div>1. writing purpose</div> <div>2. harmful effects</div> <div>3. hopes and wishes</div>	<div>1. Put yourself in the reader's position.</div> <div>2. Get to know your reader. Figure out the concerns of the reader. tones</div> <div>3. End the letter with a final appeal in a polite and kindly tone.</div>	<div>I don't know ... I certainly don't know ... Neither do I know that ... However, what I do know is that ...</div> <div>I totally understand that...</div> <div>I do hope that...</div> <div>...</div>



Post-writing

Dear Peter,

On hearing that you began to smoke some time ago and now you seem to be addicted. This brings me to the reason for my letter.

I'm not sure that ~~why~~ you choose to smoke, but cigarette's harmful effects are undoubted~~ly~~. Not only will you receive a mouth of yellowing teeth, but also it will worsen your lungs and other significant organs. Chances are that keeping smoking will contribute to cancer. Thus, it's high time that you averted your eyes from cigarette. And it's advisable to engage in things you truly long for, including warm sunshine, basketball or movies. The symbols of us adolescence are optimism and joy rather than weakness and ~~addiction~~.

Difficult as quitting smoking seems, I do hope that you could insist. Best wishes!

Yours,
Chen.



Post-writing

Dear Uncle Jeff,

On hearing that you smoke overwhelmingly and frequently recently, for the sake of your health, I think it's high time to persuade you to quit it.

I don't know when you become accustomed to smoking. I certainly don't know what aroused you to smoke. Neither do I know if you've attempt to quit smoking. Nevertheless, what I do know is that chronic smoking can pose threat to your lungs as well as health of your relatives and friends. Though as achieving this seems, with time and effort, you are bound to quit it, thus being leaded to a healthier life.

I do hope my proposals can meet with your approval and hearing from your well-being and health.

Yours,
Caroline

何静雯.



Post-writing

Dear Eric,

On hearing that you have been addicted to smoking, I'm writing earnestly to advise you to quit smoking, out of consideration for your health.

I totally understand that the pressure you shoulder is overwhelming and smoking is the simplest way for you to release your pressure, whereas it could do terrible damage to your heart and lungs and it was more difficult for smoking couples to become pregnant. I don't know how nicotine functions in your body. I certainly don't know how anxious you feel when longing for cigarette. Neither do I know that how relaxed as you smoke. However, what I know is how easy it is to begin smoking and how tough it is to stop if accustomed to nicotine. It is high time that you should strengthen your resolve and take actions to quit smoking.

Tough as it seems, I'm faithful in you that you are able to give up smoking. I do hope so because I want you to live a longer and healthier life.

Yours,
Li Hua



Post-writing

Dear Jack,

On hearing that you are addicted to smoking, I'm writing this letter with anxiety to advise you to abandon smoking.

It's universally acknowledged that smoking has various harms. First, it will damage your lungs and respiratory tract. There are many illnesses caused by smoking like lung cancer and trachitis. Except physical problems, smoking will also be harmful to mental health. Not only will it make you impatient, but also it will weaken your memory. I totally understand that smoking cessation isn't a toilless thing, but for your health, it's high time to stop smoking!

I do hope that you can give up smoking and maintain health. Looking forward to your good news!

Yours,
Charlie



Post-writing

Dear Dad,

Having known that you have been smoking for a long period, which brings me to the reason for my letter. I hope you would take my advice and put into practice.

I notice that you have been coughing for days, which must be due to your ~~addiction~~ addiction to smoking. It would be advisable to quit smoking as it would do harm to not only yourself, but also your beloved ones. I'm eager to hope you would quit smoking although I know it's hard to begin.

With time and effort, you are bound to ~~successfully~~ successfully quit ~~sm~~ smoking, which I firmly believe. Love from your son.