



# Module 6 Unit 3 A Healthy Life

Reading & Writing

杭州市余杭第二高级中学 李燕青



### Lead in



How can we persuade them to quit smoking?



### **Pre-reading**

#### ADVICE ROM GRANDAD

It is a becatiful 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! 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 our body becomes accustomed to having nicotine

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a letter

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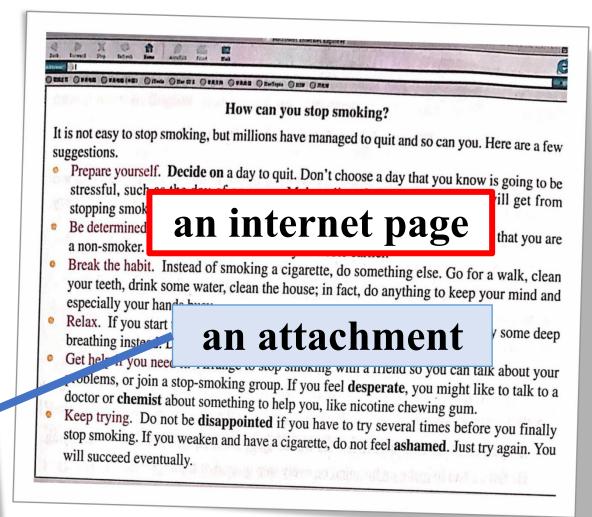
When I was young, I didn't know much about the harmful effects of smoking. I didn't know, for example, that it could do terrible damage to your heart and lungs or that it was more difficult 2 for smoking couples to become pregnant. I certainly didn't know their babies may have a smaller birth weight 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 | 2 stopped! I also noticed that I became breathless quickly, and that I wasn't enjoying sport much. When I was taken off the school football team because I was unfit, I knew it was 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.

ove from

Grandad







### **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<br>Internet<br>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:<br>a letter of advice |        | 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 |  |



#### Para. 1 & 2



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 kilometers 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.

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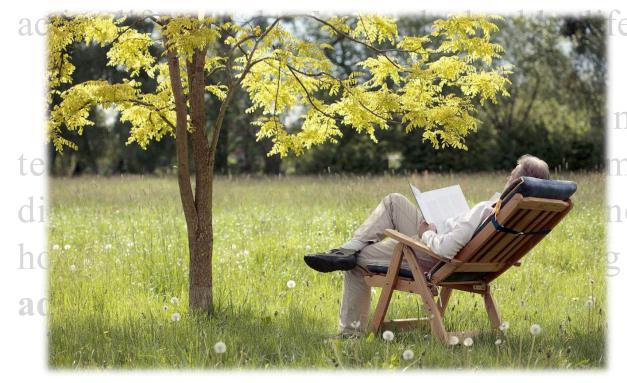


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# **Tip 1:**

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,



#### Para. 3

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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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### Para. 4



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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### 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.

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



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 thuty you choose to smoke, but cigarette's harmful effects are undoubtedthy. 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 owerted 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 daddiction.

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

Yours, Chen.





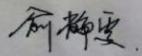
Dear Uncle Jeff,

On hearing that you smoke overnhelmingly 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 chornic smoking can pose threat to your lungs as nell as health of your relatives and friends. Though as acheiving this seems, with time and effort, you are bound to quit it, thus being leaded to a healthier life.

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

Yours, Caroline



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 clamage to your heart and lungs and it was more difficult for smoking couples to become pregnant. I dan'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



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

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 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 successful successfully quit som smoking, which I firmly believe. Love from your son.