

BOOK 6 UNIT 3
A HEALTHY LIFE

Free talk

optimal nutrition optimal
help control food therapy
menu life habits restrictions health

2. Does anybody around you smoke? Have you ever advised him/her to **quit** smoking? Did he/she quit smoking?

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1. What can we do to lead a healthy life?

Reading

Advice from Granddad

Dear James,
.....

Love from Grandpa



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 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. See, I did you become addicted through habit. As you know, if you do something often enough, you learn to do it **automatically**. Lastly, you can become **mentally** addicted. I remember feeling 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.

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, Grandad

Grandad

Microsoft Internet Explorer

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. Make a list of all the benefits you will get from stopping smoking. Then throw away your last **packet** of cigarettes.
- **Be determined.** Every time you **feel like** smoking a cigarette, remind yourself that you are a non-smoker. Remember the list of benefits you wrote earlier.
- **Breathe.** In the morning, take a long, clean walk. Clean your teeth, brush your hair, and wash your face. Do an activity that keeps your mind and especially your hands busy.
- **Relax.** If you start to feel nervous or stressed, do not reach for a cigarette. Try some deep breathing instead. Do some relaxation exercises every time you feel stressed.
- **Get help if you need it.** 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.

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.

- 1 What kind of person do you think James' grandfather is?
- 2 What other information could have been included?
- 3 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.

By the way, did you know that this is because you become addicted in three different ways?

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 stop. I am sending you some **advice** 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.

Tip:

the first or the last sentence of each paragraph might be helpful



Detailed reading

Para 1



How does granddad feel?

He feels...**active, energetic, relaxed, proud** ...

What is granddad's life like now ? How do you know?

A healthy life

...sitting under the big tree

...a long ride to ...

...still **fit** enough to cycle 20 km

...will be 82 years old



However,

1. What is James' life like now? How do you know?

an unhealthy life: He was addicted to (染上烟癮)cigarettes

2. Did grandad scold (责备) James when he knew his grandson smoked? **No!**

3. Why did he mention his own experience?

He once had the same experience with James and he knew his feeling very well, which shorten the distance between them, and made his advice more acceptable for James.

Para 3

3 ways to become addicted

1. become physically addicted to nicotine.
2. become addicted through habit. **habitually**
3. become mentally addicted.

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

Tip

While writing, you can use first, ...; secondly; lastly, ... to make your composition more **orderly.**



Para 3

3 ways to become addicted

How did Grandad addicted?

He was addicted in all three ways,

so it was very difficult to quit.

But he did finally manage it.

Why did he say that?

To give James hope that he could also quit smoking as his grandad did.

Para 4

Harmful effects of smoking

To smokers then



TO NON-SMOKERS

The babies of smoking couples may have smaller birth weight or even be abnormal in some way.



What harmful effects didn't Grandad know?

What did he know? (underline the sentence pattern)

Para 4

What was Grandad's feeling by saying so?

He felt very regretful.

If he had known the bad effects of smoking, he would not have started smoking.



What kind of picture did Grandad want to describe in this part? Circle the **adjectives**.

harmful...
terrible...
difficult...
abnormal...
breathless...
unfit...

beautiful...
big...
long...
amazing... **now**
long...
active...
healthy


What's the meaning of **the comparison**?

By making such a comparison, grandad wanted to convince (使---信服) James that smoking was harmful and it was time for him to quit.

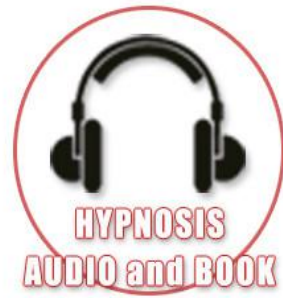


I am sending you some **advice** I found on the Internet. It might **help** you to stop and strengthen your resolve. I **do hope so** because **I want you to live as long and healthy a life as I have.**

What was the author's tone of writing the letter?

-  A. As a friend's
- B. As a grandfather's
- C. As a teacher's





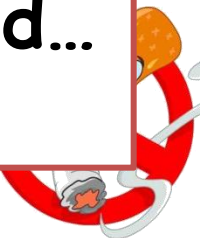
Do you think James want to quit smoking after reading the letter?

What's your advice for James?

QUIT
SMOKING for life

It's a good idea...
It's beneficial to...
You'd better...
You can try...
It will be helpful if ...
If I were you, I would...

...



The suggestions of stopping smoking

1. *Prepare yourself.* Decide on a day to quit and make a list of the benefits of quitting smoking.



About the internet page



The suggestions of stopping smoking

1. Be determined. When you feel like smoking, remind yourself that you are a non-smoker.
2. Break the habit. Instead of smoking a cigarette, do something else.
3. Relax. If you feel nervous, do not reach for a cigarette. Do some relaxation exercises.



The suggestions of stopping smoking

4. Get help if you need it. If you feel desperate, you might like *to talk to a doctor or chemist*.
5. Keep trying. Do not be disappointed. Do not feel ashamed. Just try again.



Why did the granddad use an internet page to give his grandson advice?

To make his advice more persuasive.

.....

Unit 3 A healthy life

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. Make a list of all the benefits you will get from stopping smoking. Then throw away your last **packet** of cigarettes.
- **Be determined.** Every time you **feel like** smoking a cigarette, remind yourself that you are a non-smoker. Read the list of benefits you wrote earlier.
- **Be busy.** Instead of thinking about smoking, do some things like walk, clean your teeth, drink some water, or do the housework. Do something to keep your mind and especially your hands busy.
- **Relax.** If you start to feel nervous or stressed, do not reach for a cigarette. Try some deep breathing instead. Do some relaxation exercises every time you feel stressed.
- **Get help if you need it.** 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

Writing structure

Dear James,

It is a beautiful day here and I am sitting under the sun. I have just returned from a long bike ride to an old castle. I can't fit enough to cycle 20 kilometres in an afternoon. I am now 82 years old! I think my long and active life must be due to genetics.

This brings me to the real reason for my letter. I know you started smoking some time ago and now you are addicted. I know how easy it is to begin smoking. I started at **adolescence**. I also smoked and became **addicted**.

By the way, did you know that this is because of nicotine. First, you can become physically addicted to nicotine. Nicotine in cigarettes. This means that after a while you are dependent on it. So when the drug leaves your body, you feel irritable, bad-tempered and sometimes even in pain. Secondly, you can become **mentally** addicted. I know you know, if you do the same thing over and over again. Lastly, you can become **mentally** addicted. I know you know, having a cigarette, so I began to think that I could not live without it in all three ways, so it was very difficult to quit.

When I was young, I didn't know much about the effects of smoking. For example, that it could do terrible damage to your health. I know of many couples who became **pregnant**. I know of many children with a smaller birth weight or even be **abnormal** in some way. I know smoke could affect the health of non-smokers. I know my mother thought I smelt terrible. She said my breath was bad. My fingers were turning yellow. She told me that I should stop! I also noticed that I became **breathless** when I ran. I quit smoking much. When I was taken off the school football team, I quit smoking.

I am sending you some advice I found on the Internet. I hope it will help your resolve. I do hope so because I want you to be healthy.

Love from

Grandad

Dear James,

the reason for writing the letter

the reason for the matter

the harmful effects

Love from

Grandad

the hope

Discussion

How did Grandad advise his grandson?

Ways to give **effective** advice

Use his own experiences

Not scold but encourage and give hope

List the harmful effects of smoking

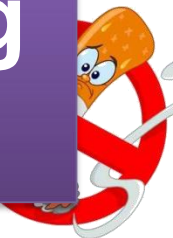
Make a comparison

Advice as a friend

Use an internet page to offer advice

Advice in an orderly structure

Do you think James will quit smoking after reading the letter?



I have a nephew called Li Qiqi, who is addicted to playing online games like many young people.

Homework:

Write Li Qiqi a letter and tell him the bad effects of playing online games.



Thank you for
your cooperation!



A letter to my nephew

Dear Qiqi,

Your mother tells me that you started to play games and now you are finding **it** difficult to give it up.

You may not know much about the harmful effects of playing games. In fact, it can **do terrible damage to** your eyesight **or that it is easier for you to** get a great pain in your neck. **Besides**, addicted to games, you can't **concentrate on** your lessons. **As a result**, you quickly fall behind others. **What's more**, many games are filled with violence. If you play these games **over and over again**, you may also settle disagreements with violence **automatically**, which may result in crime.

I think **it is time for you to** quit playing games. I **do hope** you can become **as hardworking a student as** your classmates.

Love from

Uncle