

A Healthy Life

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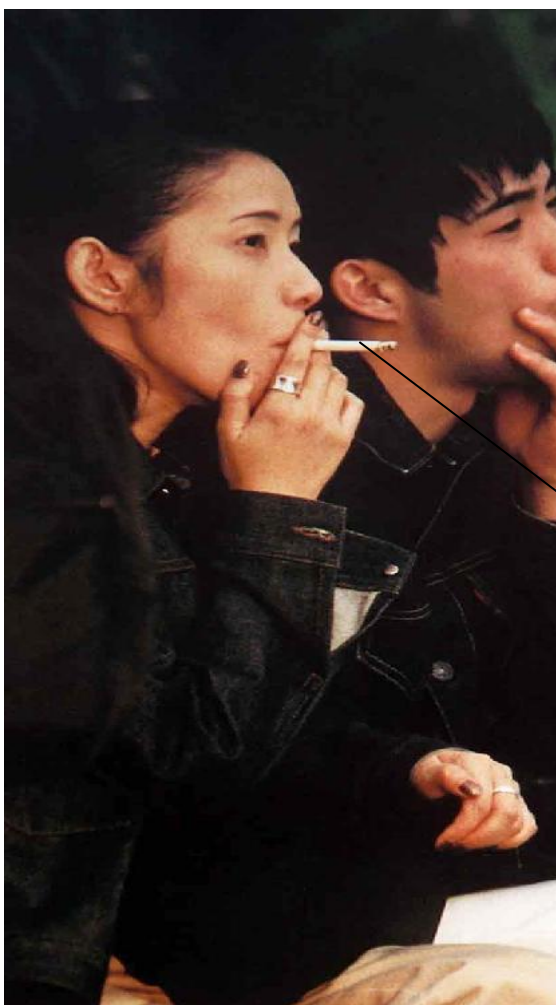
Lead in

A Healthy Life

What do you think is a healthy life?

To live a healthy life, a person should live healthily in both body and mind.

That means we should be healthy both physically and **mentally**.



teenagers

adolescents smoking

a packet of cigarettes

cigarettes

nicotine

No Smoking!



Our school has been carrying out a ban on smoking **cigarettes**.

But smoking still can't be banned among some teachers.

So here we call on our school leaders to ban them from smoking any more.

forbid sb to do



Should students drink alcohol?
Drinking alcohol must be banned. That is, we should ban our students from drinking alcohol.

ban

ban sth; ban sb from doing; a ban on sth

What is the possible result of smoking?

1. Once they form the habit, it's **tough** to give it up. (That means they **are addicted to** smoking, especially **nicotine** in cigarettes.

difficult

be lost in

2. It may do harm to their health. (That means when you **are accustomed to** smoking, and addicted to it, it will **do damage to** ---

be used to

do harm to



heart

&

lung

3. It may have a bad effect on the **pregnant** woman and the coming babies.
Their babies may have a smaller birth weight or even be **abnormal**)



a **pregnant** woman



an **abnormal** baby



normal

So from the above discussion, we know smoking does d amage to our heart and lung a lot. Once we are a ccustomed to smoking, or even a ddicted to it, it is t ough to stop.

For the health of our family, we should b an them from smoking from now on. Thus, we can be healthy both physically and m entally.

A letter from Grandad to James



Read, answer and learn

Read the letter in 4 minutes and answer :

Q1. It's amazing that 81-year-old Grandad can cycle

20 kilometers in the afternoon. How can he do so?

Q2. What kind of life did Grandad expect James to live?

Q3. What are the exact three different ways of getting

addicted to smoking?

Q4. When did Grandad know it was time to **quit** smoking?

Q1. It's amazing that 81-year-old Grandad can cycle 20 kilometers in the afternoon. How can he do so?

A: He is fit enough;

It is **due to** the healthy life he lives.

What is the meaning of “**due to**” in this sentence?

Here are several definitions of “due to”:

a. (to be) expected; appointed or agreed (for a certain time or date) **b.** because of **c.** to be paid

S1: The accident was due to careless driving.

S2: ---When is the ship due to arrive? ---Maybe at 2 o'clock.

S3: The wages due to him will be paid tomorrow.

S4: His long and active life must be due to the healthy life he lives

S5: Mr Hill is due to give a lecture tomorrow.

due to: 1. 预定/预期; 2. 由于(某人/某事物) 3. 应支付;

Q2. What kind of life did Grandad expect James to live?

A. To live as long and healthy a life as he does.

How can we use “as---as” correctly? Read and learn:

He is **as tall as** I am. He speaks **as loudly as** I do.

He is **not so (as) tall as** I am.

He is **as clever a boy as** I am

Summary:

1. as+ adj/ adv+ as
2. not so (as)+ adj /adv +as
3. as+ adj+ a(an) +noun + as

Attention: 前后比较对象的一致性

Practice using “as+adj+a(an)+noun+as”

1). Jim buys an expensive bike.

Mary buys an expensive bike, too.

=Jim buys as expensive a bike as Mary does.

2). 这是一本和那本一样有趣的书。

This is as interesting a book as that one.

3). 他有着一张和Jim一样可爱的小脸。

He has as lovely and small a face as Jim does.

Q3. What are the exact three different ways of getting addicted to smoking? Para3

- A. Become physically addicted.
Become addicted through habit.
Become mentally addicted.

How do you understand “withdrawal symptoms”?

It refers to the symptoms when the drug leaves your body.

What are the withdrawal symptoms like?

The withdrawal symptoms show that it is easy to begin smoking while it is tough to stop smoking.

What does “quit” mean in the last second sentence in

Para3? → stop → Did Grandad stop smoking?

How do you know ?

Because he finally managed (to quit smoking).

succeed in doing

Look at the following sentences. Read and try to get the correct meaning of quit.

1: He got his present job when he **quitted (quit) the army**.
(离开=go away from; leave)

2: Please **quit making** noise any more.
(停止sth或doing sth)

3: I'd like to **be quit of** the responsibility.
(摆脱/脱离sb或sth) → **be quit of sth**

Practise: 如果你不给我加薪，我就不干了。

什么时候爷爷明白是该停止吸烟的时候了？

Q4 So when did Grandad know it was time to quit smoking?

A. when he was taken off the school team as he was unfit.

What does “take sb off” mean here? Choose the following one to suit the correct meaning of “take sb off”.

- A. imitate sb
- B. rescue sb from
- C. remove sb from
- D. hit sb out of



1. What advice did Grandad give to James?

Prepare yourself. Be determined. Break the habit.
Relax. Get help if you need it. Keep trying

2. Peer-work

What should you do every time you feel like smoking?

What should you do every time you start to feel nervous or stressed?

What should you do every time you feel desperate?

What should you do every time you feel disappointed or ashamed?

Feel like smoking →



Every time you feel like smoking, remind yourself that you are a nonsmoker. ---

Feel nervous or stressed

Every time---,----

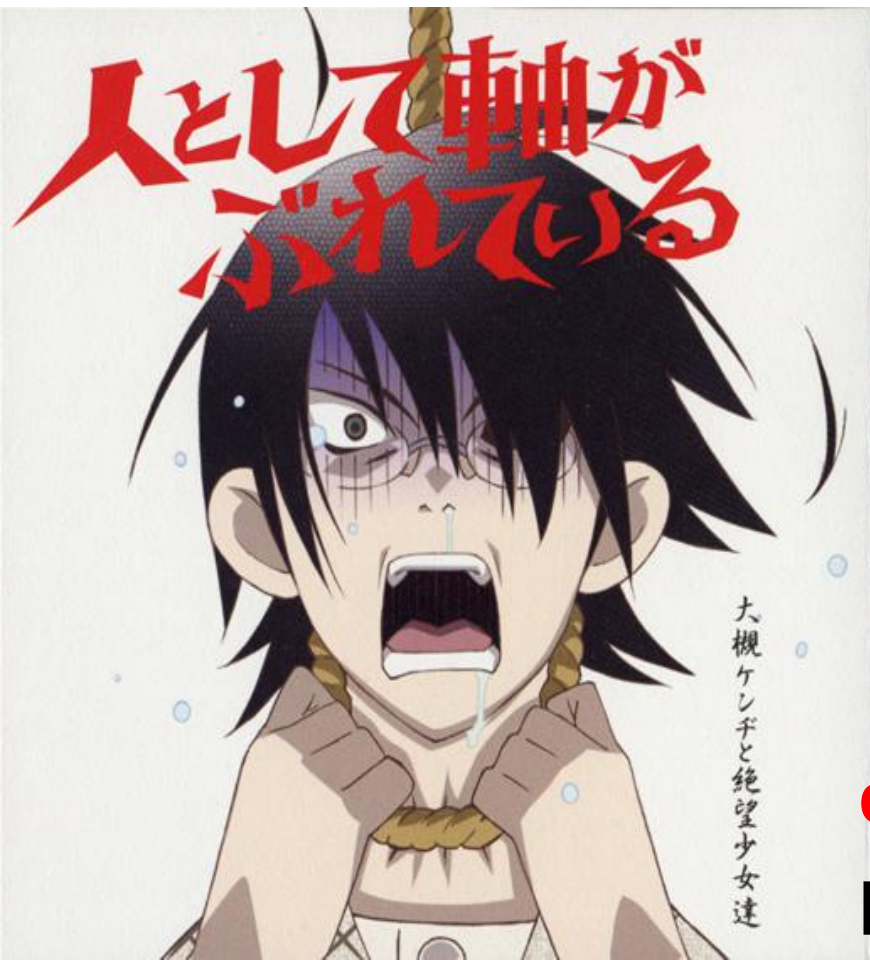
Every time you feel nervous or stressed, do not reach for a cigarette but do some relaxation exercises.



Do not reach for a cigarette.



Do relaxation exercises.



Feel desperate

Every time---



desperate
↓
hopeless

Mr Desperate

Every time you feel **desperate**, you might like to talk to a doctor or a chemist about something to help you, like



chewing gum

嘴角下撇表示羞愧、自我抑制



feel disappointed or ashamed

Every time ---,---

Every time you feel disappointed or ashamed, just try again and you will succeed eventually.

Summary:

Every time 引导一状语从句---, --- (主句)
每当--- 的时候, -----



Consolidation

Find a word or phrase from the text with the same meaning as the underlined in each sentence.

1. You will be able to quit smoking eventually although it is tough to do so. accustomed to
2. Having lived in Hawaii all his life, he was not used to the cold of Northern Europe.
3. Running a marathon will leave you out of breath breathless
4. You really have no idea just how hopeless cancer can make you feel. pregnant desperate
5. If you are expecting a baby, your smoking habit might cause problems for it. disappointed
6. In spite of all his efforts he failed. He was so upset about himself that he felt like crying.
7. He felt he had to make up his mind on every step instead of taking risks. decide on

Consolidation → Checking in peers

due to; cigarettes, tough; unfit; mental; quit; withdrawal;
adolescents; addicted to; stress; effects

Smoking _____ produces many harmful _____ and have no real benefits. So why do _____ do it? Perhaps some think it makes them look _____ or cool. Other may think it will help them with _____ in their lives possibly _____ pressure from parents or teachers. Some may just want to experiment. What they do not realize is how easy it is to become _____ smoking. In fact it is the _____ addiction rather than the physical addiction which makes it really hard to _____ smoking. When an adolescent realizes how _____ he or she is becoming, it is too late. Sadly the _____ symptoms can be quite severe for some people. Of course the best way to deal with these problems is not to get into the habit in the first place.

Summary

Words: adolescent, ban, tough, abnormal, withdrawal, mentally, quit, desperate, ashamed....

Phrases: due to, be addicted to, be accustomed to, take off, as long and healthy a life as, feel like, decide on....

Sentence: Every time... , ...

Reading text about:

the three ways of getting addicted to smoking
the effect of smoking
advice on how to quit smoking

Homework

Topic: Why is smoking harmful?

Try to use the words, phrases and sentences what we have learnt in this period to organize the article.

后期输出练习:

Write a passage within 120 words according to the information below. 请以Smoking is harmful为题，写一篇120字左右的短文，内容包括以下要点:

- 1) 列举抽烟的现状 (中国抽烟者达45%，多为年轻人，甚至中学生)；
- 2) 分析原因(乐趣，显酷，---)；
- 3) 叙述抽烟的坏处(坏习惯，有害健康，致病，浪费金钱，引起火灾，---)
- 4) 对中学生戒烟的建议。

Thanks For Your Attention