

Welcome

Unit 2

How often do you exercise?



Period III



Free talk

Give advice

What should I do to keep fish at home?

Maybe you should...



often give it clean water
change the water once a week
put some green leaves in the bowl
not give it too much food
not put it in the sun



How often do you exercise?



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I exercise every day.



How often does he exercise?

He **hardly ever exercises .**

---How often do you paint?

---**Twice a week.**



exercise

do homework



A: How often do you surf the Internet ?

B: Once a week.



Lead-in



milk

**most people drink milk
every day**



junk food

some people never eat
junk food

vegetables



we often eat vegetables



fruit

we eat fruit
every day



sleep

we sleep every day



Match the words with the pictures.



a



b



c



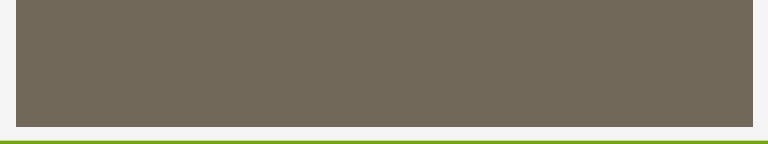
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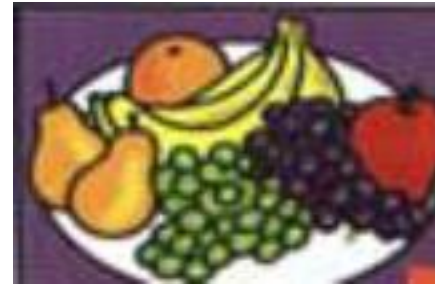
f



junk food



milk



fruit



vegetables



coffee



sleep

Let's talk



is good for our health



is bad for our health



Umummy food



healthy food



eggs

vegetables



fruit

milk





Ask and answer questions. Use the words from 1a.

A: How often do you drink milk, Liu Fang?

B: I drink milk every day.

A: Do you like it?

B: No. But my mother wants me to drink it.

She says it's **good for** my health.



1 c

Listen to the interview about eating habits.

Circle your answer to each question.

Is Bill healthy?

Yes.

No.

I don't know.

Is Tina healthy

Yes.

No.

I don't know.





Listen again. Fill in the blanks in the survey.

Questions

Tina

Bill

1. How often do you exercise?

Every day

2. How often do you eat fruit?

3. How many hours do you sleep every night?

4. How often do you drink milk?

5. How often do you eat junk food?

6. How often do you drink coffee?



1 c

Student A is the reporter. Student B is Tina or

Bill. Ask and answer questions. Then change roles.

A: How often do you exercise?

B: I exercise every day.

A: And how often do you...?



Rank these activities according to how often you think your classmates do them

(1=most often, 6=least often)

watch TV

play computer games

go to the movies

go camping in the country

play sports

use the Internet



Read the article and complete the pie charts on page 14.

What Do No. 5 High School Students Do in Their Free Time? ↵

Last month we asked our students about their free time activities. Our questions were about exercise, use of the Internet and watching T. Here are the results. ↵

We found that only fifteen percent of our students exercise every day. Forty-five percent exercise three to four times a week. Twenty percent exercise only one to two times a week. And twenty percent do not exercise at all! ↵

We all know that man students often g online, but we were surprised that ninety percent of them use the Internet every day. The other ten percent use it at least three to four times a week. Most students use it for fun and not for homework. ↵

The answers to our questions about watching television were also interesting. Only two percent of the students watch TV one or two times a week. Thirteen percent watch TV three to four times a week. And eighty-five percent watch TV every day! Although any students like to watch sports, game shows are the most popular. ↵

It is good to relax by using the Internet or watching games shows, but we think the best way to relax is through exercise. It is healthy for the mind and the body. Excise such as playing sorts is fun, and you can spend time with your friends and family as you play together. And remember, “old habits die hard.” So start exercising before it’s too late! ↵

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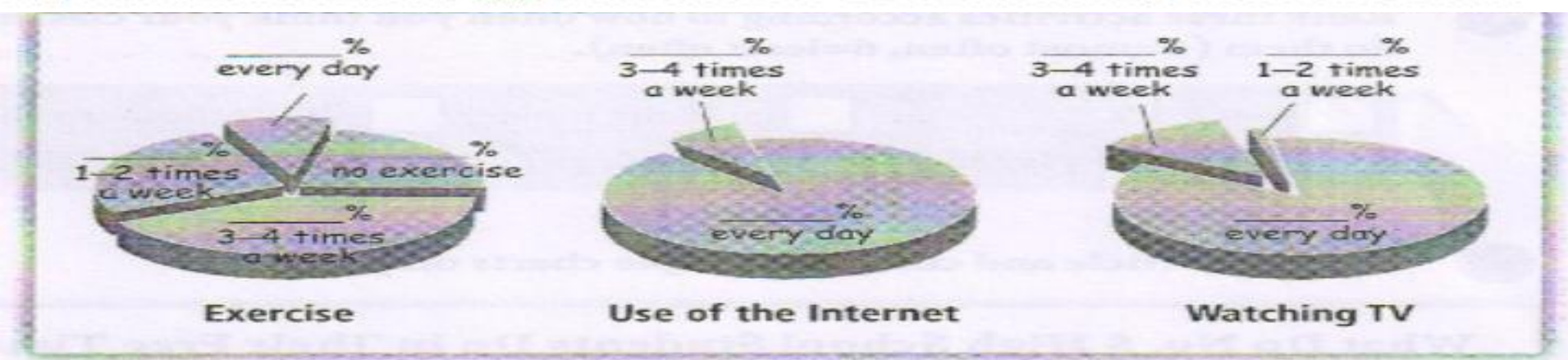
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Read the article again and answer the questions.

- 1. How many students do not exercise at all?**
- 2. How many students use the Internet every day?**
- 3. How often do most students watch TV?
What do they usually watch?**
- 4. What does the writer think is the best way to relax?
Why?**
- 5. Do you think the students at No. 5 are healthy?
Why or why not?**



2 d

According to the article and the pie charts, write sentences with the percentages using always, usually or sometimes.

1. 90% Ninety percent of the students always use the Internet.

2. 85% _____.

3. 45% _____.

4. 10% _____.

5. 13% _____.

6. 2% _____.



Choose one of these free time activities or think of your own. Then ask your classmates how often they do this activity and make a pie chart.

Show the pie chart to your class.

play computer games

read books

go shopping

draw pictures

play sports

How often do you..?

Names of classmates

1-2 times a week

3-4 times a week

Every day



Exercises

1. --- **B** do you read English books?

---I read English books every day.

A. How long B. How often C. When D. How

2. ---What does Mary do on weekends?

---She often **D** the Internet at home.

A. surf B. go on C. goes on D. surfs

3. They go to the movies **A**.

A. twice a week B. twice of a week

C. a week twice D. twice week

4.---How often does Lily play soccer?

---She doesn't like it, so she **B** plays it.

A. always

B. hardly ever

C. usually

D. often

5. My mother wants me to eat lots of vegetables,

She says it is good **C** my health.

A. to

B. with

C. for

D. at

完成句子，每空一词。

1、你父亲周末经常做什么？

What does your father usually do on weekends ?

2、你多久打扫一次你的卧室？

How often do you clean your bedroom?

3、母亲说这对我的健康有益。

Mother says it's good for my health.

4、你每晚睡几个小时？

How many hours do you sleep every night?

5、一些学生每周看电视4到5次。

Some students watch TV four or five times a week.

Homework

Interview your favorite person about his / her lifestyle, then write it down.

